

The Second Act™

The Second Act™ is an immersive, reflective, and transformative 2-day in-person experience designed for senior leaders 3-4 years from retirement who want to move beyond logistics and design a meaningful, energising next chapter.

This programme reframes retirement as a transition into becoming more — more purposeful, more grounded, more connected, and more fully expressed. Participants explore who they are beyond their career, what matters most now, and how to shape a future that feels both expansive and intentional. Through guided reflection, facilitated conversations, and hands-on planning tools, they move from appreciation of the past to confident ownership of the future.

Learning Outcomes

By the end of this programme, participants will:

- Reframe retirement as a transition into "becoming more" — purposeful, grounded, connected, and fully expressed.
- Identify the wisdom, strengths, and defining experiences that shaped their professional identity.
- Recognise and navigate the psychological discomfort of career transition, including the "purpose gap" that retirement can create.
- Clarify what matters most to them in the next chapter of life — their core values, sources of meaning, and personal priorities.
- Construct an inspiring vision for their future that extends beyond leisure and into purposeful living.
- Formulate a personalised next-chapter plan that reflects clarity, purpose, and confident ownership of the future.

Key Takeaways

- You are more than your title and business card; your identity, wisdom, and worth exist independently of your career.
- The emotional complexity of retirement is normal and navigable; uncertainty is the starting point, not a warning sign.
- A meaningful future requires intentionality, not just logistics. Traditional retirement planning is incomplete without purpose, values, and vision.
- Looking back with gratitude and forward with vision are not opposites; they are the two anchors of a meaningful transition.
- Practical tools that help bridge reflection and action, including hands-on exercises and planning frameworks that support confident, intentional next steps.
- A personalised action plan designed to ensure their future feels both expansive and intentional.

The 4-stage Signature Journey

- Stage 1** | Gratitude: Appreciate what has shaped you
- Stage 2** | Bravery: Embrace the uncertainty of the present
- Stage 3** | Vision: Imagine a future that inspires you
- Stage 4** | Agency: shape your future with intention

Learning Methods

The programme includes:

- Guided individual and group reflection exercises.
- Small-group conversations.
- In-person 2-day experience.
- Practical next-chapter planning tools.
- Toolkits and take-home workbook