



What Next? The savvy woman's guide to redefining retirement

Notes for book groups

We're delighted that you're going to be using *What Next?* in your book group. How you structure your discussion is entirely up to you, of course, but we've put together some suggested discussion points suitable for book groups as a starting point. Feel free to adapt to as needed.

You can find additional resources for groups, including a variety of facilitated courses, at <https://kangaroo coaching.net/from-retired-to-redefined>

You can buy a 5-copy set of the book at a group rate by heading to <https://practicalinspiration.com/book/what-next>

Add 5 copies of the paperback to the basket and apply the coupon code **What Next?5for4**

1. Big life changes (*What Next?* p15)

Stopping work is a major life transition, and, as with all transitions, is a process that can take time. As well as gaining things, you will lose things – and this can be painful.

Discussion points:

Think back to about other major psychological transitions that you have gone through and discuss these questions:

- what did you feel?
- what was tricky and how did you navigate this stage?
- what did you learn about yourself that you can draw on now?

2. What's so special about now? (*What Next?* p23)

This is the first time in the UK that there has been a large cohort of professional women who are at the life-stage of stopping work. Following the passing of the Sex Discrimination Act in 1975, young women had greater equality of opportunities in education and in the workplace and many were trailblazers in their professions.

Discussion points:

- How has this affected your life course?
- How different has your experience been from that of previous generations of women – your older female relatives, for example?
- How does it feel to still be a trailblazer – to be writing your own template for your future years?

3. The shape of women's careers (*What Next?* p33)

Women's careers often take on a different shape to men's, and a lot of this is because of making 'relational' decisions – decisions based on everything else that is going on in your life.

Discussion points:

- **If you have been a carer or a parent, how has this shaped the person you are now?**
- **What effect has this had on how you are approaching this life-stage?**

Women's careers can often be categorised into three distinct phases: Challenge, balance and authenticity. The third phase, authenticity, is when you decide to pursue a passion, a dream, and this could be once you stop working.

- **If you could pursue your dream, something that you feel passionate about, what would it be?**
- **What do you want to achieve in the next stage of your life?**

4. Journey preparation (*What Next?* p51)

1) Leaving work:

How you leave, how you make the decision, who you tell and when, having the decision made for you – all of these can have an impact on your next stage.

2) Time and structure:

Knowing how you're going to spend your time and having some kind of structure in your future life might be important to you – or it might not.

3) Relationships:

Your relationships with people both at work and out of work might well change when you stop working. It's useful to think about who is important to you, and why.

4) Learning, growth and connection:

There are many benefits to continuing to learn and grow, and to stay connected to people from your work life.

5) Identity, image and status:

For many people, their sense of identity and status, and the image they portray, is linked to their title at work.

6) Meaning and purpose:

Doing things in your life that are meaningful to you and give you a sense of purpose could be important and are tied to longevity and a sense of fulfilment.

Discussion points:

- **Which of these do you think might be/are challenges for you?**
- **What and who can you draw on to help you with these challenges?**

If you want to benefit from one of Jane's facilitated discussion courses, find out more at:

<https://kangaroocoaching.net/from-retired-to-redefined>

