

# Retirement Coaching



## Thinking about retirement?

**PAS retirement coaches help you explore and prepare for the many aspects of retirement**

- Examining personal values and setting goals in retirement
- Utilize skills in volunteer settings and part time work
- Identifying and engaging in pleasurable leisure activities
- Nourishing spiritual needs
- Maintaining personal and family relationships while developing new connections
- Sustaining physical and emotional health

*Retirement Coaching Services are provided through your Employee Assistance Program*

**Your Resource for Life's Questions**



**Free & Confidential**

**800.356.0845**

**[www.paseap.com](http://www.paseap.com)**