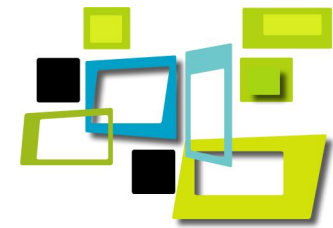


Next Chapter, **NEW LIFE**

Quarterly Newsletter

DOROTHY TANNAHILL MORAN

Phone: 503-621-9642
 dorothy@nextchapternewlife.com
www.nextchapternewlife.com



Discovering your New Life by Dorothy Tannahill-Moran, Retirement and Life Coach

If you are past 40, a phenomenon will take place (if it hasn't already) where you will wake up one day and wonder "What's next?" This time of questioning has become fondly called a mid-life crisis. I don't think this mid-life question needs to be a crisis, but as a society that loves to ignore the obvious, you will have a major shift in your mid life. How you choose to handle it, will determine if it turns into a crisis or not.

The reason why this "something" happens in your mid life has to do with a number of factors. One factor is the normal course of events that take place in a person's life. You finished school, launched a career, married, bought a house and added to your financial burdens. When you more or less have checked off your to-do list, the natural reaction is to wonder what the next big thing is in your life. Another factor for this shift at mid life is that we also shift from "having" to "being". Having is mostly about having something in your life, like I mentioned above. The "being" part is now about what kind of person you are being or becoming. This concept is a bit trickier to grasp, so stay with me on this. Being is a verb in this instance. Being is about you BEING a more loving person, or enjoying the work you are doing. It's at a more visceral level within a person

and not always so easy to identify. That's how the crisis comes in. I will separate out the concept of how to identify what these signals are from how NOT to react.

These subtle, internal signals may come in several forms, but often times have a theme of "I want more out of my life" or "I need to find my purpose". Also, don't get hung up on the statements, I'm trying to portray a concept. What is taking place is an urge for something else, to pursue something bigger than yourself, more meaningful than what you're doing right now. You might start experiencing a sense of dissatisfaction. At first, this sense may make you feel restless and unclear about your life on many levels. We don't talk about these feelings or urges and certainly our society doesn't talk openly about them, other than the mid life crisis jokes. The feelings come first, which sparks off a period of self examination. It is through this period of self examination where things go really well or you become a cliché'. The process you must and will go through isn't a quick one. It is the catalyst for change, so you must embrace it, in all its glorious discomfort. Use this process to do your personal research. This is a rediscovery of yourself and you won't find it by watching TV.

There are some things to avoid during this period. As I said, you don't want to turn into a cliché'. Many people take this period of discomfort as a signal that their relationships are bad. So, they

dump the one they're with and head off to the next thing that looks fun. They might make a big fun purchase like a car. These actions are heading you in the wrong direction potentially. They are replacing the "having" part of life, so they will never satisfy you, which could trigger even more desperate measures. Like it or not, you have to go through that internal self examination, if you don't, you rarely move forward in an exciting, meaningful way. You could stay in a loop of meaningless actions followed by personal dissatisfaction. These people will ultimately calm down to a degree but on the other side of it they keep a cynical outlook or a general sense of dissatisfaction. You can avoid this; life is and can be even more exciting on the other side of this change.

Here are my pearls of wisdom on mid life change. Know that it will happen to you, whether at 41 or 59, it happens to us all at different times. Because of where you are in life, it can move you in directions that can exceed your wildest imagination. No, the younger crowd hasn't cornered the market on excitement. We have much more freedom – fewer hang ups. Be patient with yourself and the process for change. Nothing great was accomplished over night. Learn to dream all over again.



Learn to dream all over again!

Inside this issue:

Your Body, Your Time	2
Rachel Tillman's Story	2
Out & About with Ruth	2
Joan Lopez's Story	3
Retire??	3
Richard Joslin's Story	3
What is Coaching	4
Next Chapter, New Life	4
Sign up for Coaching & Workshops	
Meet Dorothy	4
Meet Ruth	4
Ask the Coaches	4
Why Should Kids Have All the Fun	4
Book Review	4
Pearl of Wisdom	4

MISSION—To provide insight, resources, and support to boomers (40+) seeking to make positive, personal change meaningful and exciting.

Introducing..Next Chapter, New Life!!

Hi, I'd like to introduce myself. My name is Dorothy Tannahill Moran and I am a life coach focusing on changes in your life including, retirement readiness. As we progress past 40, changes in our life are bigger and come at us faster. It can be daunting but with planning and focus you can make it the time of your life!

Enter, Next Chapter, New Life. I purposely picked that name because each of us will face finishing the chapter we're in and moving on to the next one. It

is my purpose to help you define that next chapter in such a way that you'll be excited about your life to come. Think about it, do you really want to spend your next 40 years just trying to fill your days, or do you want to charge out of bed eager to face the next new challenge?

"Retirement can mean freedom. But with freedom, comes responsibility. Responsibility to make your life exciting, purposeful and fun."

Special points of interest:

- Sign up for Dorothy's Blog: www.nextchapternewlife.com
- "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that has." Margaret Mead

YOUR BODY, YOUR TIME, by Joan Lopez, Personal Trainer

Your body is your constant companion. It is with you from your very first breath until your very last breath. How you treat it for all those breaths in between is up to you. Our bodies are our own “work of art” and whether we like it or not, we take it wherever we go and show it to everyone along the way.

Truthfully, there is no quick fix to attaining a fit physique. To merely say that you “don’t have time” is not a valid reason. We all have 24 hours in our day. We are all busy. So why then do some people get in shape and oth-

Make
time to
move
your
body!

ers don’t? We can blame our genetics, our metabolisms, our age, or our hurried lives. The real answer lies in the fact that fit people have made training and proper nutrition a priority in their lives. They MAKE THE TIME.

Whether it is a favorite TV show, reading a book, visiting a friend, going to parties, or working out, we all make time to do what is most important to us in that moment. If fitness is important to you, you will never FIND the time, you will MAKE the time.

If you are ready to make a commitment to yourself to become more physically fit, then make your resolution happen. Excuses are endless. Don’t give in to them. It does not matter how old you are or what physical condition you are currently in., improvement is within your reach and you can start now!

Rachel Tillman—Vocational Counselor for Injured Workers

I was hired as an “Internet Expert”, working several years at a large computer chip company. I needed to have back surgery, wanted to start a family, and had been planning to change careers after that. The company forced my hand by eliminating my job. Although the timing was not as planned, the change was, as expected, a wonderful thing, improving many aspects of my life. My ability to use my internet experience to impact the world in a positive manner had changed as the company changed. The time had come to move on.

I began working in non-profit and community roles while also undergoing two major surgeries on my back. My niche was discovered when I went to a community career center to conduct my research on my next career path. While there I started helping people with their resumes in the lab. Wendell, a very special person working in the Center, indicated there was a need for someone with my skills. And that was the beginning of my current career path as a vocational Counselor. I continued on my personal path, as well, giving birth to

Careers are inventions of yourself.

an amazing son. After completing a contract with the career center, I kept researching this path until I found an opportunity to assist individuals with criminal pasts as a Behavioral Therapist and Employment Specialist. I loved working with people to remove employment barriers. I have continued to fine tune my skills which now focus on vocational counseling for injured workers. My work still aligns with my desire to use my skills to make a positive impact on the world.

I’ve always known that I could achieve what I truly set out to do, and have done so with three previous major planned career and life changes. My parents encouraged me from an early age to work hard and follow whatever felt right to me. I have a strong resolve to lead by example with active community responsibility and a positive, confident outlook on life. I love the feeling I get from helping others with their professional and per-

sonal development.

Pearl from Rachel: Careers are inventions of yourself. Take what is in you and direct it on a path. Follow your passions and beliefs. Take the time to plan and research change and move forward at a pace that works for you. Let others help you. Recognize individuals from whom you can learn. They are everywhere!

Out & About with Ruth by Ruth Colter, Painter, Poet, Writer, Outdoor Enthusiast

My husband and I were visiting friends in Mammoth Lakes, CA one sunny, but breezy day in Sept. 2008. We chose Lake Mary for that day’s trip. Of course, we all



Let’s go kayaking!

wanted to fish, but Peggy and I also wanted to go kayaking. Peggy, because she is an avid kayaker with her own kayak and me, because I love an adventure! When we got to the lake to get my kayak, the rental guy advised us that on such a “windy” day we should take the row boat, unless we are experienced kayakers.

Peggy, 75 years old, is very experienced. Me, at 58, well, I kayaked with my husband one time last year in a 2-man kayak with a guided group on a calm river while vacationing in Hawaii. “Sure,” I said, “I can do it.” Selecting the finest kayak, oar, and life vest, I was ready. We put our kayaks in the water, positioned ourselves in them, and we were off! It was indeed

windy and we realized it may take us a while to get around the lake to where our husbands were fishing. In less than ten minutes a huge gust of wind was blowing us quite rapidly back to the shore where we started. “Just hold the oar across your lap and let the wind blow you.” Peggy yelled over the wind’s howl. But I said to me, “If you hold the oar in the water, it should slow the kayak down.” I really wished I had listened to Peggy, the expert, instead of myself, the novice. As soon as I stuck my oar down into the water, KERSPLOOOSH!!, over I went!

Am I drowning? There’s water everywhere! I’m gasping for air as I bob in the cold, so cold, lake. I can see Peggy fearfully asking if I’m ok. “Aagh, aagh, I can’t turn my kayak back over, aagh, aagh,” I gasp. Then I hear a voice shouting, “Swim to shore, swim to shore!” It was a fisherman on the bank only a few yards away. “Duh,” I reprimanded myself, “you can swim, you’re wearing a life vest, and the shore is right there. Forget the kayak! Just get yourself out of this

cold water!”

With that clear intent in my head, it seemed almost effortless as I reached shore, crawled out of the lake, and sat on a rock to catch my breath. As I started back, I saw the rental guy running toward me with dry towels. Oh, they felt so good! He led me back to the resort where I changed into the dry clothes which I had brought in case I got a little damp from water splashing into my kayak!

As we drove around the lake to our husbands, I reassured Peggy that the swim was my doing, not hers. I was actually laughing about it by then and encouraged her to do the same as we recounted the adventure to our husbands.

Will I ever go kayaking again? Absolutely! Will I ever go kayak swimming again? With a little more training from the experts, hopefully not!

SENIOR

I think I shall like being a Senior
When I’m old.
I’ll get money from the government
And senior discounts, I’m told.

Cheaper move tickets
and restaurant meals, too.
I might not even have to work,
But if not, then what would I do?
I could travel around the world
And see many a wonderful new sight.
Or I could sleep late every morning
And stay up late every night.

I could write a poem.
I could write a book.
Paint a picture
Or become a great cook.

The possibilities are endless
for an exciting new career.
Or maybe I would spend my time
just being a volunteer.
But whatever I might choose to do
As part of my senior fun.
I know I’ll never be too old
As long as I keep believing
That I’ve only just begun.

By Ruth Colter

Joan Lopez—Professional Natural Body Builder and Personal Trainer

My job as “Mom, the caretaker” had ended. My babies had grown wings of their own and now it was time for me to fly, too. So I started thinking about the things I had always wanted to do for just me. For 23 years body builders always caught my attention and I had thought to myself, I would love to do that. Following that passion, I went to the gym for my first time and met with a personal trainer. The very next week, at age 48, I started my body building career!



Much like the inner workings of a precision clock, I felt the synergy of many separate parts, paces and rhythms working together. Everything lined up in my world creating the opportunity for what felt like it was ‘meant to be’. My life took on strength, speed, and purpose. My decision was clear and concise. I knew it was the right one for me at that point in my life.

In the seven short years that followed, at age 52, I got my pro-card, at 53 won Miss Universe, and at 55, upon retirement, I was

named 2008 Legend of the Year for the Women’s National Bodybuilding Federation.

Pearl from Joan: Anyone who thinks they are too old or dreams are too big, I ask that you rethink and reach for the heavens. There are no limits, no ceilings. If you don’t know what you want, ask the universe and it will be shown to you. Just go with your own flow. Be open, accepting, decent, pure. Get the most out of your physical life experience – LIVE OUT LOUD!

Joan Lopez, Fair Oaks, CA

Retire?? I have to keep working; I have nothing else to do. By Dorothy-Tannahill Moran, Retirement and Life Coach

Really? If your kids were saying the second half of that sentence, you’d give them a bad time about finding something fun to do. You’d send them to their room to find a game or outside to enjoy nature. Its time to do that for yourself.

Yet, I totally understand where you’re coming from. I spent years working 60-hour weeks and traveling almost weekly. Work and life balance had no meaning to me. How can you balance something completely weighted on one side with nothing on the other? I found three-day weekends a struggle. When I retired at 49, I had numerous people predict I’d be back in a year. They knew I loved my work and they also knew I didn’t really have too much else going on in my life. Little did they know!!

There are a few things you need to calibrate to help you with this problem. 1- You need to redefine retirement 2 – You need to discover the world of a million possibilities 3- You can’t just sit on your duff and expect a solution to fall out of the sky. So, my friend, let’s take each point here and more fully explain my message..

Redefine retirement. In past times, retirement meant to stop working, go home and stop being a viable contributor. People in that group, no matter their background or intelligence, became marginalized, less valuable. In a large part, they contributed to that image. But your retirement means one primary thing: the freedom to do what you want, however you want to do it.

Never in your life have you had an opportunity like this. Most of your life was fairly defined. But now, no prescription, no recipe, no counselor pointing out colleges. It’s just you. That means if you want to be a bass fishing guide four months out of the year, you can do that. If you want to finally volunteer overseas, go for it. And if you need some income, just not as much as you’re making now, then start thinking outside of the box. If you could do whatever you wanted to do, what would it be? The main point is to start thinking, make a plan. If you need to adjust the plan, adjust it and keep doing things until that AHA! Moment takes place and you realize you have stumbled on to your own version of heaven.

Discover the world of a million possibilities. Has your dream muscle withered away? Remember when you were young and ridiculous? You had a million dreams, one day you were going to publish a book, the next day you were going to be a police officer. Each dream was exciting, filled with infinite possibility. You need to get back into the dream gym and start working out dude, you’re getting flabby.

Two things to do: 1- Here’s an exercise. Think back to the time when you were truly excited about something you were planning to do. What was it about the plan that got you charged up? List the characteristics of that experience. Now are the juices flowing? What other kinds of things would get you going? Add these items to the list. 2-Here’s another exercise. Take the thread of even the tiniest item of interest and start researching it. Go out on the Internet and

Discover the world of a million possibilities.

Google it to see what it brings up. See what other things are related it to. Sign up for a class, or go talk to someone who does these things and find out what they like. It’s almost shocking to see how much is out there for us to do. If you are sitting out there saying you aren’t really interested in anything, that just won’t do. There are things in your life that interest you. I have a friend who said that to me a few years ago. She was a gal who loved fine jewelry, she now makes jewelry. You simply have to look at what you do as a place to start.

I leave you with an expansion of my last point:

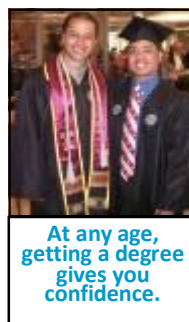
Your future won’t fall into your lap out of the sky. You must take responsibility for your future. Only you can decide to make your life exciting or ho-hum. Even not making a decision, is a decision. Pick a time each week, an hour or an amount you know you can consistently devote. Put that time on your calendar. Make your future a priority. Take that time and start mapping out your future. Do your researches, make those calls, enroll in a class, meet with a coach, start day dreaming, but whatever you do, take action.

In summary, just know that working is fine when you are ready to retire. But continue to work because you love it, not because you don’t have something else to do.

Richard Joslin—Nuclear Waste Analyst

After leaving the Navy, I went to work as a manufacturing technician for a high-tech, high-stress company. During my eleven years there, I got my master’s degree, anticipating promotions and pay increases. When I got neither, I decided to follow a co-worker’s advice to talk to his brother about a job in the nuclear field. I had been a nuclear submarine electrician in the Navy, so this new job prospect sounded promising. My enthusiasm and knowledge must have paid off. My nuclear career was launched.

Changing careers was a big deal for me, because I had always believed I would stay with one company for a lifetime career. But then I thought, I’m a smart person; I worked hard to get an MBA and I should be compensated fairly for it. Other people have changed careers and I can, too. My desire for a better lifestyle came true. I got a 60% pay increase and a low- stress work environment! I love my new job. I am making a big impact on the world by developing safe ways to



dispose of nuclear waste, ensuring the future of nuclear energy as an alternate fuel source.

Pearl from Richard: Go for it! If you feel you need a degree to get where you want to be, then get it. Even if your grades aren’t all A’s, you still get to put MBA behind your name. No matter what your age, completing a degree program gives you confidence. The years go by anyway, so why not spend a few of them getting a degree that will be with you forever!



Next Chapter NEW LIFE

DOROTHY TAMMAYHILL MORAN

Phone: 503-621-9642
dorothy@nextchapternewlife.com
www.nextchapternewlife.com



Meet Dorothy



Dorothy is a life coach and certified retirement coach focusing on boomers facing change, transition or retirement. Prior to coaching she was a vocational coordinator for 4 years and operations manager for 21 years at Intel Corp. A large part of her career has been working with individuals and organizations going through change and transition. Her other passion is fused glass art which is on display in galleries in Oregon and Arkansas.

Meet Ruth



Ruth is a certified retirement coach. She is also a poet, painter, and writer. For over 16 years she was a Human Resources manager at Intel Corp. Prior to Intel, she owned and operated a large gymnastics academy. She also has a zest for outdoor adventures. Ruth's mission is to be the victory flag people trust to have the freedom to live life to the fullest.

What is coaching?

Coaching is a process where the coach facilitates people in their own commitment and enthusiasm to accomplish a goal or objective. A coach can help make getting to a person's goals go faster, with greater clarity and with greater confidence. Coaching is a team activity, with the coach providing an environment of safety and inquiry, prompting a person to think through their issues and directions. The coach also provides accountability for action to those goals, without judgment or punishment. In a nutshell, getting coached is fun, because it's all about you.

COACHING

Free Offer

Free 22 minutes NEW LIFE assessment

This session is designed to determine your readiness for defining the NEXT CHAPTER in your life. In this session, I will make inquiry into the stage of change for which you are ready. When you leave our session you will have: 1- A better understanding of yourself, 2- My assessment and consultation of your direction, 3- My recommendations for moving forward.

Set up your appointment today: Dorothy 503-621-9642

I have a variety of service packages designed to meet you where you are in life. Please check my website: www.nextchapternewlife.com in the service section for package details and pricing.

WORKSHOPS

SIGN UP NOW FOR THE WORKSHOP: REPOSITIONING RETIREMENT – Follow the link on the home page of www.nextchapternewlife.com to sign up now for one of these power packed workshops. Each workshop will include: Retirement Success Profile – a personal assessment you take prior to class that will assess 15 dimensions of your life; Book "Retirement Options" and 8 fully packed hours that will stimulate your thinking about how you will define a successful retirement for yourself. As part of the workshop, you will create your own plan for success.

Quick details:

Location: Portland, Oregon with workshop site TBA

Dates: September 19, 2009
October 3, 2009

Cost: \$350 for sign up prior to Sept. 1, 2009 for either session
\$400 after Sept. 1, 2009 for either session

ASK THE COACHES

Dorothy and Ruth would love to hear from you with your questions or comments. Please email them to:

dorothy@nextchapternewlife.com

Why Should Kids Have All the Fun?



**We'll never be too
old for fun!**

This site is dedicated to a collection of camps that we grownups can go to that concentrate on specific interests. If you're interested in pursuing a sport, or playing a musical instrument, or healthy outdoor activities, this will allow you to explore and learn in a supportive environment..

www.grownupcamps.com

Pearl of Wisdom:

What if your dream works out exactly the way you envision it?

Book review

The Passion Test by Janet Bray Attwood and Chris Attwood.

Finally, a book after my own heart. Being the practical person I am, I have longed to read something that took a process approach to discovering your true passions. This book delivers and in a surprising way. In the first half of the book, they mix the "how to's" of tapping into your passion with a story about Janet, the co-author. This mix is woven very well, to illustrate through the story the process they are telling you to pursue. The second half of the book are interviews with well-known authors and business leaders, asking them about their passions and how it all worked for them.