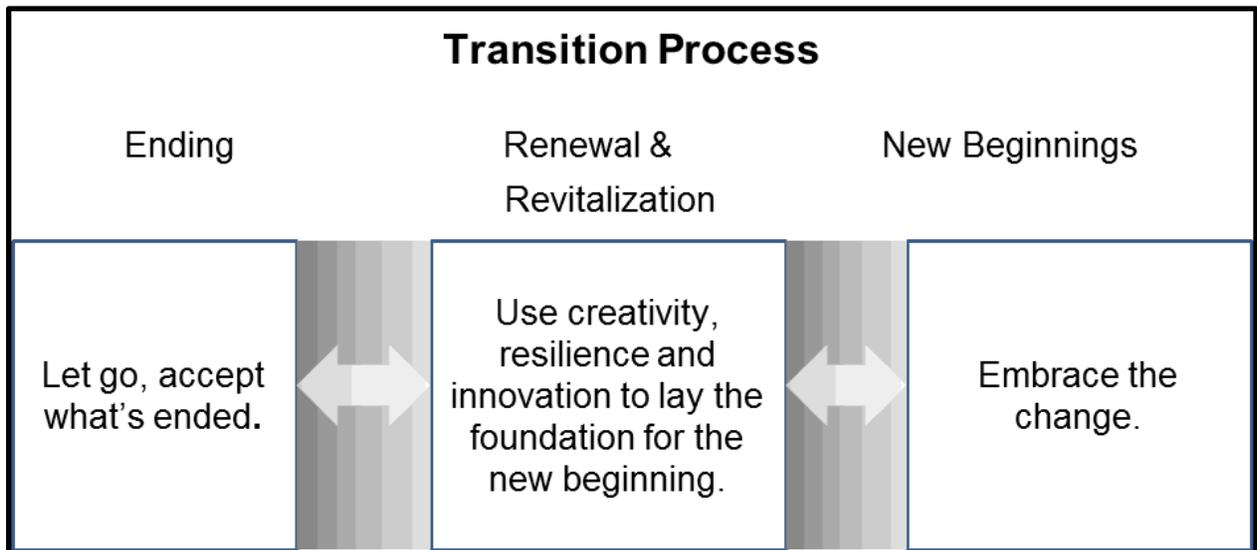




## Transition to the last third of your life

Most people who have spent their working life in business, government or the nonprofit sector are familiar with projects. Whether it is building a building, creating and launching a new product or service, a corporate acquisition or a legal case, projects typically have a beginning, a middle and an end. Depending on size and complexity they may be divided into subcategories with feedback loops, but they all have a beginning, middle and an end.

Large corporate change projects often have a transition program too. The goal of the transition manager is to help the people affected by the change to go through a “gradual psychological reorientation as they try to adapt to the change.”<sup>1</sup> A key difference between a project and a transition is the transition starts with an ending, which involves loss and letting go.



2

People in the developed world face an opportunity and difficult challenge. For the first time in human history, many of us can plan on living significantly longer than we are expected to work, we must personally manage our own transition from work to something else. Whether that is transforming our life by adding more energy and engagement to what we do, or aligning what we do with our values, we all have to undergo the emotional and behavioral transformation needed to ensure a successful shift to our new circumstances.

<sup>1</sup> Source; William Bridges (2009) “Managing Transitions: Making the most of Change.” Philadelphia, PA, DeCapo Press

<sup>2</sup> ibid

An added difficulty for personal vs. organizational transitions is that we go through the personal transformation alone. In comparison with organizational transitions we often have a set of co-workers who are our comrades for the transformational journey.

Some of us go through life's transitions smoothly, while others need help letting go of what's ended. As Alexander Graham Bell pointed out,

“When one door closes, another will open; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.”

Still others benefit from support and guidance on their journey in the hall from the door that's closed to the ones that are open.

“When one door closes, another will open, but it's hell in the hall. - Unknown”

In the end as we transform ourselves, we must follow the words of Marcel Proust,

“The real voyage of discovery consists not of seeking new lands, but seeing with new eyes.”

Our work at “[Design What's Next](#)” guides people as they look back on what they have done so far and design what is ahead of them with new eyes. We do this through eight structured sessions of coaching and workshops. We support you in letting go of what's ended or ending, we guide you through a journey in which you identify new direction, energy and engagement, and we help you create a plan to get there.

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