



## **REPACKING YOUR BAGS™** ....WITH RICHARD LEIDER

WHAT IS IT?	<p><b>Repacking</b> is a six-month coaching process to help you manage work/life transitions. Every decade of the life cycle brings new challenges, goals, pleasures, and possibilities.</p> <p><b>The Repacking</b> coaching process offers the time, the tools, the framework and the seasoned guidance to support you through transitions.</p>
WHY DO WE NEED IT?	<p><b>Repacking</b> fills a new gap. Every decade of the life cycle brings new challenges, goals, pleasures, and possibilities. Every transition—success, failure, career move, illness, divorce, retirement—requires us to unpack and repack our bags and look for renewed focus and energy. But it is difficult to go it alone. It requires a plan, consistent practices and accountability.</p>
WHO ARE IDEAL CANDIDATES?	<p><b>Repacking</b> coaching is for you if you feel the need for a trusted, professional thinking partner who can provide fresh perspective and seasoned guidance.</p>
WHAT CAN YOU EXPECT	<p><b>Repacking</b> will help you:</p> <ul style="list-style-type: none"><li>• Reduce transition stress and isolation</li><li>• Clarify “what’s next?”</li><li>• Re-discover purpose, passions, values and priorities</li><li>• Uncover new dreams and opportunities</li><li>• Avoid the drain of indecision</li></ul>
WHAT IS THE PROCESS?	<p><b>The Repacking</b> process uses a variety of techniques and practices to create a personal life map and practices. Steps include:</p> <ul style="list-style-type: none"><li>• Pre-work</li><li>• Two half-day in person coaching sessions</li><li>• Six, one hour phone coaching sessions</li><li>• Life Map Plan and Practices</li><li>• Six-month checkup</li></ul>



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