



## Federal CAREER Experts

Federal Career Experts is partnering with Lifestyle Transitions to offer pre-retirement seminars with an emphasis on holistic retirement planning. Working together Federal Career Experts and Lifestyle Transitions will cover both the financial and lifestyle parts of retirement. Karen Vierneisel, Ph.D., the founder of Lifestyle Transitions, brings a wealth of knowledge to the so-called “soft side” of retirement.

Seminars of two or three days will be offered. A two day seminar will have 1 ½ days of financial information and ½ day of information about the social and emotional changes in retirement. A three day seminar will focus on 2 days of financial and 1 day of lifestyle planning activities.

Federal Career Experts will deliver their usual detailed financial seminar that covers areas such as federal annuities, insurance, Social Security, Medicare, the TSP, financial planning, taxes and estate planning.

Pre-retirees are often unprepared for what their lives will be like once they cross the bridge from work to retirement? Many will find the experience unpredictable and confusing because any emotional adjustment to a major life change is likely to be uneven. The good news is that transition opens the door to a new life. More importantly, research shows that those who do financial **and** life planning increase their satisfaction with the choices they make in retirement. That is the reason Federal Career Experts decided to partner with Lifestyle Transitions to offer these new seminars focused on pre-retiree’s financial and social portfolios.

In advance of these new holistic seminars, participants may take the Retirement Success Profile™ or the LifeOptions™ Assessment. The RSP measures 15 "retirement success factors" that have been demonstrated to positively influence one's retirement decision and/or future retirement lifestyle. The LO is a new educational tool scanning 20 separate lifestyle and attitudinal factors, designed to provide insight into retirement preferences. For more details about Lifestyle Transitions and these assessments, see [www.lifestyle-transitions.com](http://www.lifestyle-transitions.com).

John Grobe, President of Federal Career Experts stated, “We are fortunate to have an individual as talented and experienced as Karen Vierneisel to cover the lifestyle side of retirement. Our financial seminars are already top-flight and Karen will help us move to the next level with her “Retire Happy” seminar.

Contact Federal Career Experts at (630) 208-7233 for more information, or to schedule a seminar.