

Is this right for me?

Review the statements below and notice your responses. If two or more resonate with you, then the chances are that the programme will be of benefit to you.

Is this Third Act Transition Programme for me? ✓	
I am facing a big transition in my life and I am not sure how well prepared I am for it. I've been so busy.	
I really don't know what I am going to do when I retire; I'll figure it out when I am finished here.	
I am beginning to realise just how much longevity is changing the horizon of my life and I need to reflect on what that means for me.	
I have gone as far as I can now; I need a structure to help me to address the issues arising in my transition. I am surprised at how hard it is.	
I have transitioned in name only. I am busy, but I haven't found any real purpose or meaning to my life, certainly not like it was.	
I think I would benefit from being with others going through a similar transition process.	
I could also do with some help in creating a new Third Act profile for this next stage of my life.	
I have often wondered whose life I have been living anyway. Does the Third Act offer me a new opportunity, a second chance?	
Looking around, there are few programmes that focus on the 'process of transition'. I am ready to explore that now.	