

Local life coach plans retirement boot camp

Preparing people for golden years

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Life coach Lin Schreiber of Stockbridge will be leading a 'boot camp' on retirement in Lakeville, Conn., on Saturday. The purpose of the event is to help seniors plan their retirement years. Photo by Caroline Bonnavier / Berkshire Eagle Staff

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PITTSFIELD — Pensions are a thing of the past. Social Security may or may not be there. Investing takes know-how.

So just as financial planning for retirement has taken on a new tone in the new century, so should life planning, says Lin Schreiber, a Pittsfield-based life and retirement coach.

Schreiber, 57, is hosting an event this Saturday entitled Retire Retirement Boot Camp: Basic Training for the Rest of Your Life, which takes place at the Interlaken Inn, Lakeville, Conn., from 9 a.m. to 7 p.m.

'Don't want to slow down'

Schreiber said yesterday's 60 is today's 40, and new groups of retirees — boomers — are looking at retirement in a whole new way.

"Most aren't thinking, 'Oh, goodie. I'll retire tomorrow and go golfing,' " Schreiber said. "They aren't doing the traditional retirement thing. Many can't afford it, but some just don't want to slow down."

Schreiber coaches people who have the urge to retire to look at their dreams for the future and combine them with ways of keeping busy.

With one client — a fiftysomething female architectural historian from Boston - Schreiber helped her quit her job and start up a company that creates detailed books for owners of historic homes.

Schreiber usually begins by asking clients to write down every dream they've had but never accomplished, whether it's traveling around the world or writing a book. She coaches people on everything, except the finances, that goes into making these dreams become reality.

There are a total of 17 retirement coaches in Massachusetts, and Schreiber is the only retirement coach west of Worcester. She's led seminars at Sheffield Plastics, Canyon Ranch and Legacy Banks, and hosts a series of boot camps each year.

"Most people say 'I don't have enough money to retire,' but people are not focusing on the living part of life, the most important part. You need to have passion and purpose."

Her motto is "inspired, not retired."

Sometimes couples disagree

With couples, she asks each individual to write down only their personal dreams of retirement bliss. She often encounters a disconnect — one wants to garden while the other is looking to travel — but many times she's able to find a common theme.

She's worked with people as young as 22 and as old as 77. She says it's never too early to think about retirement, especially with the ever-changing world of the new millennium.

"I don't think the traditional model works anymore," she said. "Most people save money their whole lives and hope and pray they have enough. I invite people to take the lid off of that type of thinking, and ask them if they're willing to invest in themselves."