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Available for Interviews:

**Five of Today's Most Highly Regarded Life Transformation Coaches, Authors, and Speakers Gather to Present Workshop on Innovative Retirement in Kennebunk, Maine on July 18<sup>th</sup>**

**Join Roberta K. Taylor, Deborah Knox, Amy Wood, Gail McMeekin, and Helen Rivas-Rose for an inspiring and enlightening day-long workshop on innovative retirement at Kennebooks in Kennebunk, Maine.**

**(July 18, 2013 – Kennebunk, ME)** Retirement planning can be an exciting time. However, it can also be overwhelming and scary without the appropriate preparation.

In an effort to help you plan effectively, five highly successful retirement experts will hold an interactive day-long workshop on innovative retirement. The workshop will consist of five separate sessions, each offering tips, advice, and insight on: (1) developing a healthy relationship with money; (2) reinventing yourself; (3) discovering your passions; (4) and creating the retirement life you've always wanted. Participants journey together from one session topic to the next.

Event: Innovative Retirement  
Date: July 18, 2013 10am to 5pm  
Location: Kennebooks  
149 Port Road  
Lower Village Kennebunk, ME  
Cost: \$125.00 (includes refreshments and lunch with the authors)  
Limited space: To register, call (207) 967-6136

**About the Coaches:**

**Improve Your Relationship to Money and Enrich Your Life by Roberta K. Taylor:**

Have you ever thought about your relationship with money? Does it control of your life? Money is a resource for accomplishing hopes and dreams, but it can symbolically represent issues that go beyond dollars and cents. Understanding how attitudes and beliefs determine your "money patterns" can help you develop a healthier relationship to money.

In this session, you will learn how to communicate more effectively about money, identify your "money patterns" and understand what money means to you, how your attitudes and beliefs were shaped, and what steps you can take to shift patterns that are inconsistent with your values and goals.

Roberta Taylor is an experienced psychotherapist, retirement transition coach and consultant, money coach, author and speaker. She co-authored [\*The Couple's Retirement Puzzle: 10 Must Have Conversations for Transitioning to the Second Half of Life\*](#) and is currently working on her second book, for and about women 60 plus. Learn more at: [www.pathmaking.com](http://www.pathmaking.com) and [www.couplesretirementpuzzle.com](http://www.couplesretirementpuzzle.com).

### **Write Spiritual Autobiography as a Tool for Transition by Deborah Knox:**

This introductory session provides an overview to the process of writing a spiritual autobiography as a tool for exploring mid-life transition issues. The process of writing and sharing spiritual autobiography offers many insights for the individual in transition, including:

- Reveals deep personal meaning and purpose
- Sheds light on past events that shape values
- Provides a container for life review and life repair
- Identifies markers for your legacy
- Provides valuable future direction, and
- Initiates a process of healing and forgiveness

Deborah Knox assists people with their Career and Midlife Transitions through her business Life Work Transitions. She is the author of [\*Put Your Spirit to Work: Making a Living Being Yourself\*](#) (2012). She has been asking questions about meaning and purpose since she was in her early 20s, remembering, “we teach what we need to learn.” For more information, go to [www.lifeworktransitions.com](http://www.lifeworktransitions.com)

### **Galvanize Your Strengths to Accomplish Your Goals by Amy Wood, Psy.D:**

One sure way to be more energized and productive in our overwhelming world is to do more of what you enjoy. When you're in the flow of using your strengths, life happens with greater ease. This session will help you to identify your inner resources, uncover hidden strengths, and apply them toward accomplishing what's most important to you.

Through speaking, training, consulting, and one-on-one sessions, psychologist Amy Wood has helped countless adults accomplish their own versions of success. She believes that every human being is a unique and valuable individual with the inner resources necessary to overcome any challenge.

Dr. Wood is the author of [\*Life Your Way: Refresh Your Approach to Success and Breathe Easier in a Fast-paced World\*](#), a personal improvement book that surpasses quick-fix self-help rhetoric with a sustainable program for adapting to our perpetually hectic age. She is a co-founder of sPeak performance, an organization offering presentations, coaching, and consulting for professional development. To learn more about Dr. Wood, visit <http://amywoodpsyd.com> and <http://speakperformance.net>

### **Set Up Your Creative Business for Success by Gail McMeekin:**

Millions of retirees and mid-lifers are starting and running creative businesses. In this session, we will discuss how to choose a heart-felt business, focus on developing the right products and/or services that leverage your strengths, how to overcome rejection and obstacles, finding the best marketing avenues for your personality, and securing invaluable support systems. Even if you choose not to start your own business, it is most likely that you will be working in someone else's, so this session is for you too! You will leave this session with some key action steps for your success.

Gail McMeekin, LICSW, is the author of a number of books, including the bestseller, [\*The 12 Secrets of Highly Creative Women\*](#). She is the CEO of Creative Success LLC in Boston. Her website is <http://www.creativesuccess.com> and her work has been featured in the media including the *Huffington Post*, *Sunday New York Times*, *Boston* magazine, etc.

### **Initiate Change in Your Personality to be More Fulfilled by Helen Rivas-Rose:**

There is nothing more important than developing your true, whole self. This workshop will inspire you to search inside, to acknowledge and spark the evolution of untapped aspects of yourself that can alter your life and bring happiness.

Mostly self-directed, facilitator Helen Rivas-Rose forced herself to overcome lifelong shyness during a twenty-year process, doing much of it as the volunteer director of Danforth Gallery. She is the author of [\*Brave, a Memoir of Overcoming Shyness\*](#), itself an exercise in becoming comfortable with others and with herself. Today, Rivas-Rose is completely free of shyness and spends her energy encouraging lasting personality change in others through workshops, speaking, writing, and consulting. To learn more about Rivas-Rose, go to <http://www.shynessbook.com>