

Jim Peak of Peak Type and Transition to be Featured on CUTV News Radio

HOOVER, ALABAMA, UNITED STATES, December 3, 2018 /EINPresswire.com/ -- Retirement is not an ending, but a new beginning, the start of a new life journey. The question is not, "What do I do in retirement?" but rather "What do I do with my retirement?"

10,000 Baby Boomers are retiring every day. Some of these people will live longer in retirement than they did in their work career. So if you're not planning for retirement, it can really take you by surprise.

Jim Peak is an executive coach, author, speaker and the founder of Peak Type and Transition where he specializes in helping individuals navigate transition and change, specifically in the area of retirement.

Originally a civil engineer, Peak discovered that he enjoyed the 'civil' (working with people) part of his job much more than the 'engineering' technical part.



"As a 'civil' engineer, much of my efforts focused on meeting the needs and improving the quality of life for people," says Peak. "I learned that understanding relationships is the key to accomplish anything great. But in addition to relationships, I discovered that an important factor in success is how well we can navigate transitions and change. I am passionate about helping people understand themselves and others as they navigate through life transitional experiences."

In major life transitions such as retirement, Peak first pulls directly from knowledge gained from his diverse assignments in his forty-year career as an Army civilian. Peak observed that each person approaches change and readjustment uniquely, based on his or her own personality. As a certified administrator of the Myers-Briggs Type Indicator®, Peak often relies on that long-established tool to examine his client's preferences shaped by their personality. After researching and linking personality preferences over many years, Peak co-authored a book in 2011 entitled "Introduction to Type and Reintegration – A Framework for Managing the Transition Home" that targeted service members returning from deployments.

Upon entering his own retirement in 2015, Peak observed that the transition from work to retirement involved much more than just being prepared financially. Retirement often represents a whole new change in lifestyle with countless options to pursue. In the new

retirements of today, it's very easy to end up 'busier' than you were at work.

"At work you were pretty much focused on one direction: you had your day planned out and scheduled," says Peak. "In retirement, you have to think about how you're going to replace those eight hours a day and you can literally choose from 12 different areas on any given day. But what do you really want to do with the rest of your life?"

During Peak's retirement transition, he discovered a valuable tool that was helpful in fleshing out his retirement interests and goals. Through advanced training he received certification to use the tool to coach others as well. The retirement diagnostic tool that Peak prefers to use is the Retirement Success Profile (RSP) offered by Retirement Options, a division of Career Partners International, LLC.

Through a comprehensive series of questions, the RSP tool gives you a picture of your overall level of readiness for personal change and retirement. The RSP does this by (1) comparing your own scores on 15 retirement success factors to others like yourself who have taken the RSP, and (2) comparing your own present behavior scores to what you might expect in your ideal retirement.

The 15 measured factors of the RSP are: Work Reorientation, Attitude Toward Retirement, Directness, Health Perception, Financial Security & Planning, Current Life Satisfaction, Projected Life Satisfaction, Life Meaning, Leisure Interests, Adaptability, Life Stage Satisfaction, Dependents, Family & Relationship Issues, Perception of Age, and Replacement of Work Functions.

"Retirement doesn't have to be scary. A retirement coach can take some of the 'unknown factor' out of retirement and give their clients increased confidence to move forward into this next new and meaningful chapter of their lives!"

CUTV News Radio will feature Jim Peak in an interview with Jim Masters on December 5th at



11am EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information, visit <https://www.retirementoptions.com/retirement-life/why-hire-a-coach/>

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