

## Everything you need to know about retiring without compromising yourself

A TWO-SEMINAR SERIES PRESENTED BY TRUST COMPANY OF ILLINOIS AND PATTEN COACHING & CONSULTING

Unlike any other time in history, retirement in the 21st century often encompasses years of transition from full-time work to full-time retirement. Whether you're thinking about retiring, or already have, Certified Retirement/Life Coach Maurine Patten presents unique insights into this life stage she calls "an adventure that offers an expanded capacity for living and loving each day."

These Trust Company of Illinois-sponsored retirement seminars are life-planning programs, not financial planning workshops. Elements from the fields of Emotional Intelligence and Positive Psychology will help attendees learn how to use their strengths in meaningful ways during the rewarding and joy-filled time of retirement. Explains Maurine, "My mission is to help people create the retirement they really want rather than take the one that just shows up."

Both sessions in this seminar series are offered on a complimentary basis to clients and their guests at the **Naperville Campus of Northern Illinois University, 1120 E. Diehl Road, Naperville, IL 60563.**



Register with Paula Brennan at [ppb@trustcoil.com](mailto:ppb@trustcoil.com) or **630-545-3650**.

### Mastering the Retirement Puzzle

Wednesday, March 28, 2012

Sign-in & Refreshments | 5:15–6:00 pm  
Program | 6:00–7:15 pm

If you're contemplating retiring, come learn why retirement planning is not a problem to be solved but, rather, an opportunity to be created.

#### Discussion topics will include:

- Old vs. new definitions of retirement
- 21st century retirement trends
- 5 retirement risks and how to counteract them
- 3 stages in the retirement transition
- 5 possible retirement paths

This seminar will help you confidently begin your retirement through appropriate life choices.

### Creating an Extraordinary Retirement Without Compromise

Wednesday, June 13, 2012

Sign-in & Refreshments | 2:15–3:00 pm  
Program | 3:00–4:15 pm

This seminar for retirees, focuses on the large gap of time modern life offers between middle and old age.

#### Plan to attend this seminar to learn about:

- The new stage in human development
- 2 dimensions of retirement
- 5 elements that contribute to a retirement of well-being and flourishing
- 4 pieces of every retirement puzzle
- 4 questions at the heart of your retirement puzzle

**ABOUT PATTEN COACHING & CONSULTING:** Maurine helps people reach their goals by guiding their transformation as a Certified Retirement/Life Coach. She is a member of the American Psychological Association, the International Coach Federation and the International Positive Psychology Association.

Maurine Patten, EdD, CMC, has been a clinical psychologist for 25 years. She received her undergraduate degree from Bradley University, her M.S. degree in Psychology from Chicago State University and her Doctorate in Educational Psychology from Northern Illinois University.