

Appendix 4

Types of Retiree

Nancy K. Schossberg, Ed.D identified six different types of retiree:

1. Continuers:

- People who base their activities on skills and interests they've already developed. (Make a list of your interests now).

2. Easy Gliders:

- People who just enjoy the freedom that an unscheduled day allows. (What do you like doing now in your free time/unscheduled day?).

3. Retreaters:

- People who want a break from it all – they disengage, or at least take some time out. (Why is disengagement helpful? What do I do now to “take a break from it all?”).

4. Adventurers:

- People who go into entirely new enterprises. (How am I an adventure seeker now? Create a list of what might excite you that is entirely different than what you do now).

5. Searchers:

- People who adopt a trial-and-error approach as they look into new possibilities. (What were the benefits of “trial and error” situations that you have experienced in the past?).

6. Involved Spectators:

- People who may be less actively engaged than before but are still emotionally invested in what's happening in the world. (Discern what that means for you – how are you actively engaged now? And how do you become less engaged yet still invested? For example, Consultant/Advisor as opposed to being an active member of a committee.)