REBOOT YOUR LIFE®

Turning Downtime Into Your Time

with

Rita Foley

DEC Connection – April 4, 2012

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Why Are You Here?

Many of you are:

- In between jobs
- Stressed out and overwhelmed by work and life and need a break
- Thinking about leaving, changing jobs, or professions
- Thinking about your retirement and need time to think

Why Am I Here

We Are On A Mission

- Tell you the world's best kept secret
- Give you permission
- Why downtime is important
- Plan your downtime with you

- Time off is time on!!!!

Our Objectives

- Help you to see the benefits of taking a break
- See time off as a gift
- Make you all Rebootaneers
- Provide you something practical to take with you
- Learn to live the life-long sabbatical

Our Philosophy to Life

“Live as if you will die tomorrow and learn as if you will live forever.”

-Mahatma Gandhi

The Secret --- taking time off

Interviewed hundreds of people. What we found??

You get better

- Clearer
- Healthier
- More creative
- More resilient
- More flexible
- More balanced
- More knowledge
- More connected to yourself and others
- More fun to be around
- Better parent/partner

“When one is a stranger to oneself then one is estranged from others too.”

- Anne Morrow Lindbergh

Why

Gallup Poll

- 28% of people leave because of dis-satisfaction
- 20% want to change their careers
- 40% people express burn out
- 30% of illnesses are caused by stress and being out of sync
- Baby Boomers can't retire – re-careering
- Gen X can't move up – need new options
- Gen Y – need more from life

What Does That Mean For You?

- What do YOU want from life?
- What would YOU do with downtime?
- What do YOU need now?

Need to plan – starting NOW

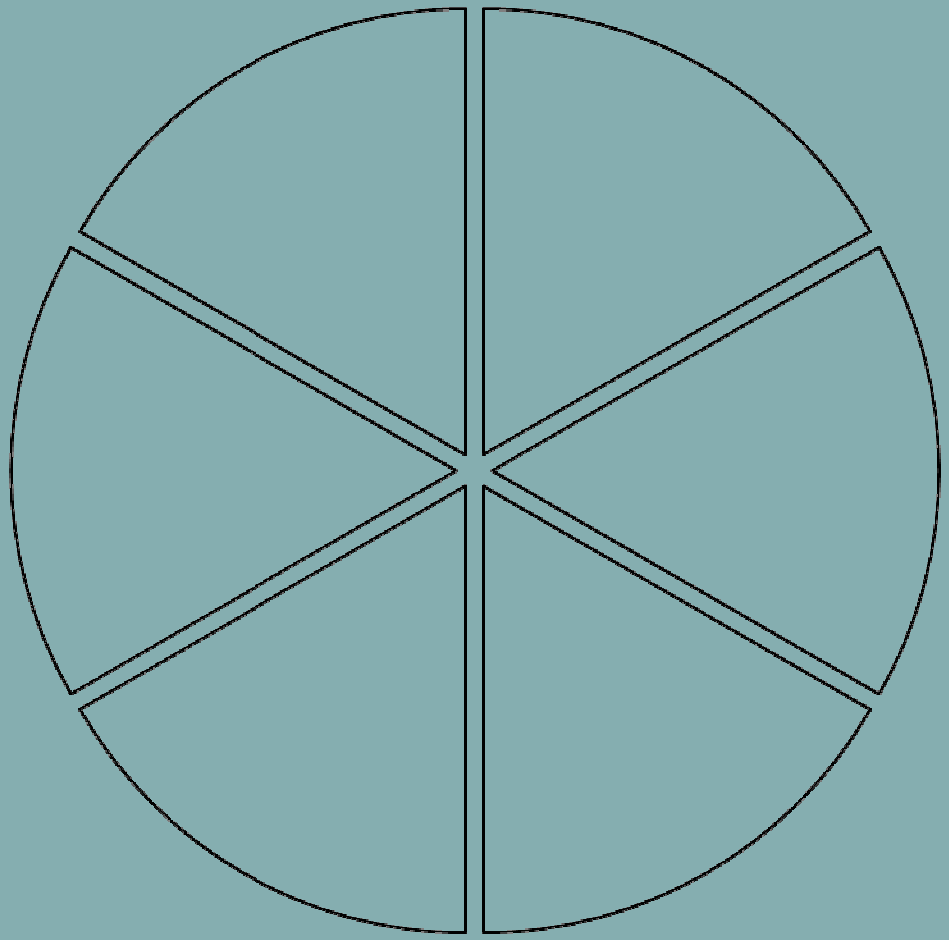
You Can Start With Small Risks

FIVE THINGS

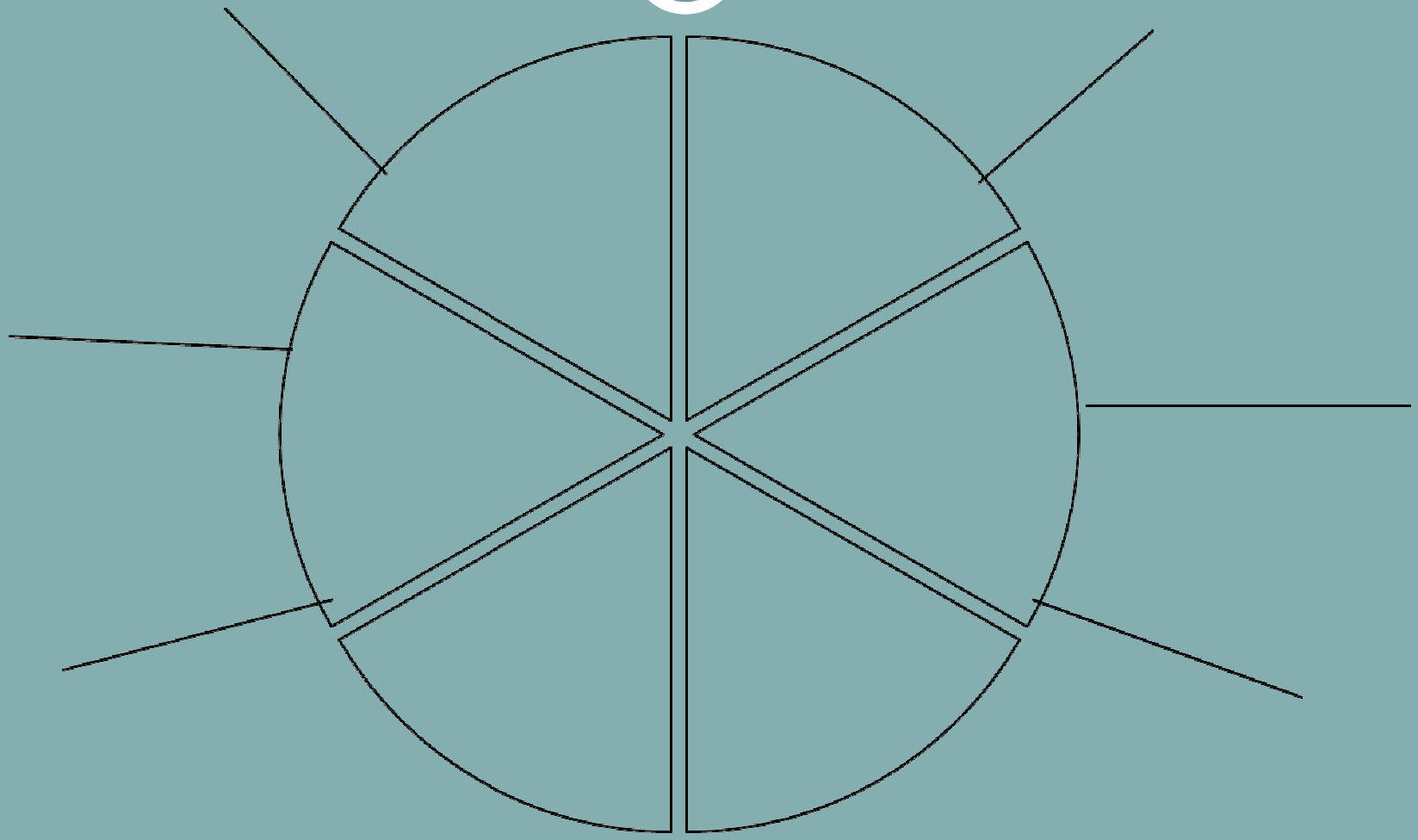
When was the last time you did something for the first time?

- 5 local places – museums, other
- 5 new foods - try or cook
- 5 movies you usually wouldn't consider
- 5 different routes to work
- 5 different weekend trips
- 5 new/old friends
- 5 things you want to learn
- 5 "small risks"
- Make up your own 5 things…

Your Current Life



Add 5 Things



Be Deliberate - Use your time well

Reminder - Time Off Benefits

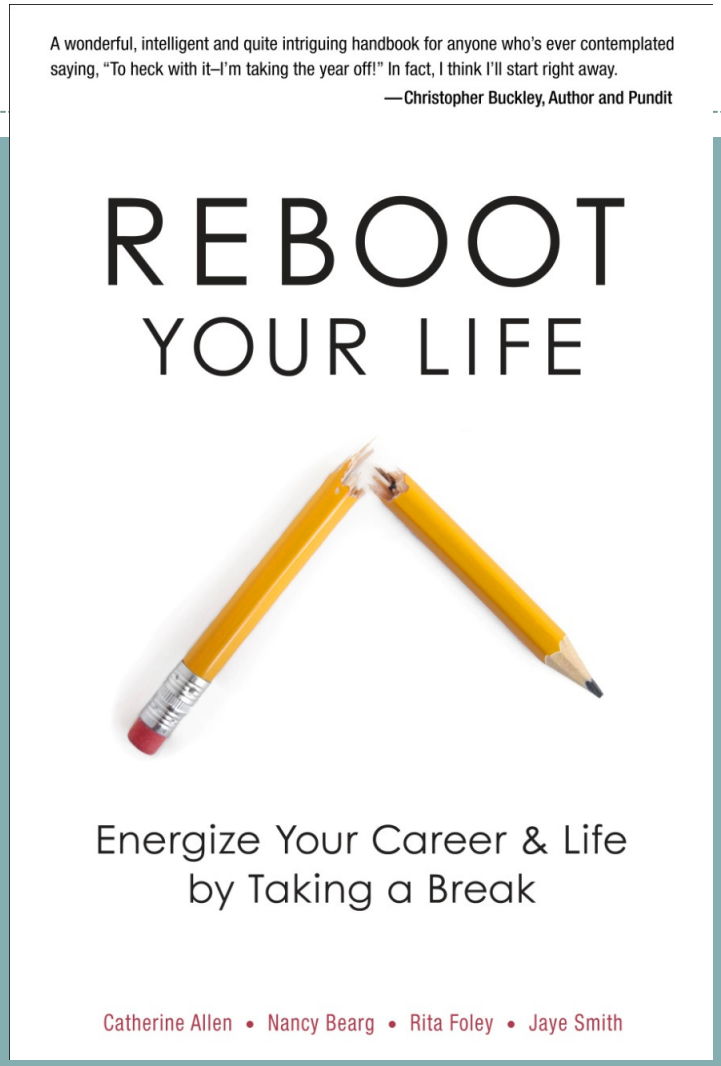
- Discover what you love about your job or work
- Learn new skills to help you be even more effective
- Reconnect with what you were missing that is important and need to build into your life
- Recharge your batteries – travel, sleep late, move at your natural pace –discover what your natural pace *is*
- Get new insights
- Build a new way of going forward
- Refresh by connecting to friends and family
- Reinvent yourself
- Remember YOU are in Charge!!

“The biggest adventure you can take is to live the life of your dreams.”

Reboot Your Life © Retreats 2012

- Santa Fe, NM – June 13-15th
- Cape Cod, MA – Sept. 21-23rd
- The Berkshires, NY – Nov. 2-4th

- www.rebootbreak.com


A wonderful, intelligent and quite intriguing handbook for anyone who's ever contemplated saying, "To heck with it–I'm taking the year off!" In fact, I think I'll start right away.
—Christopher Buckley, Author and Pundit
REBOOT
YOUR LIFE
Energize Your Career & Life by Taking a Break
Catherine Allen • Nancy Bearg • Rita Foley • Jaye Smith