Welcome

Thanks for joining us!



Navigate Forward specializes in executive career transition services with a concierge-style approach.

We stay with you until you reach your desired destination.

NAVIGATE FORWARD

Executive Career Services

Executive Transition



Provide departing executives with support, accountability, and results through tailored outplacement with no time limits.

Legacy Planning



Guide retiring or departing leaders to clarify their needs and expectations for their next chapter, define their legacy, and celebrate their exit.

Board Readiness



Help retain and develop key executives by investing in their preparedness to serve on a compensated board of directors.

Executive Onboarding Accelerator



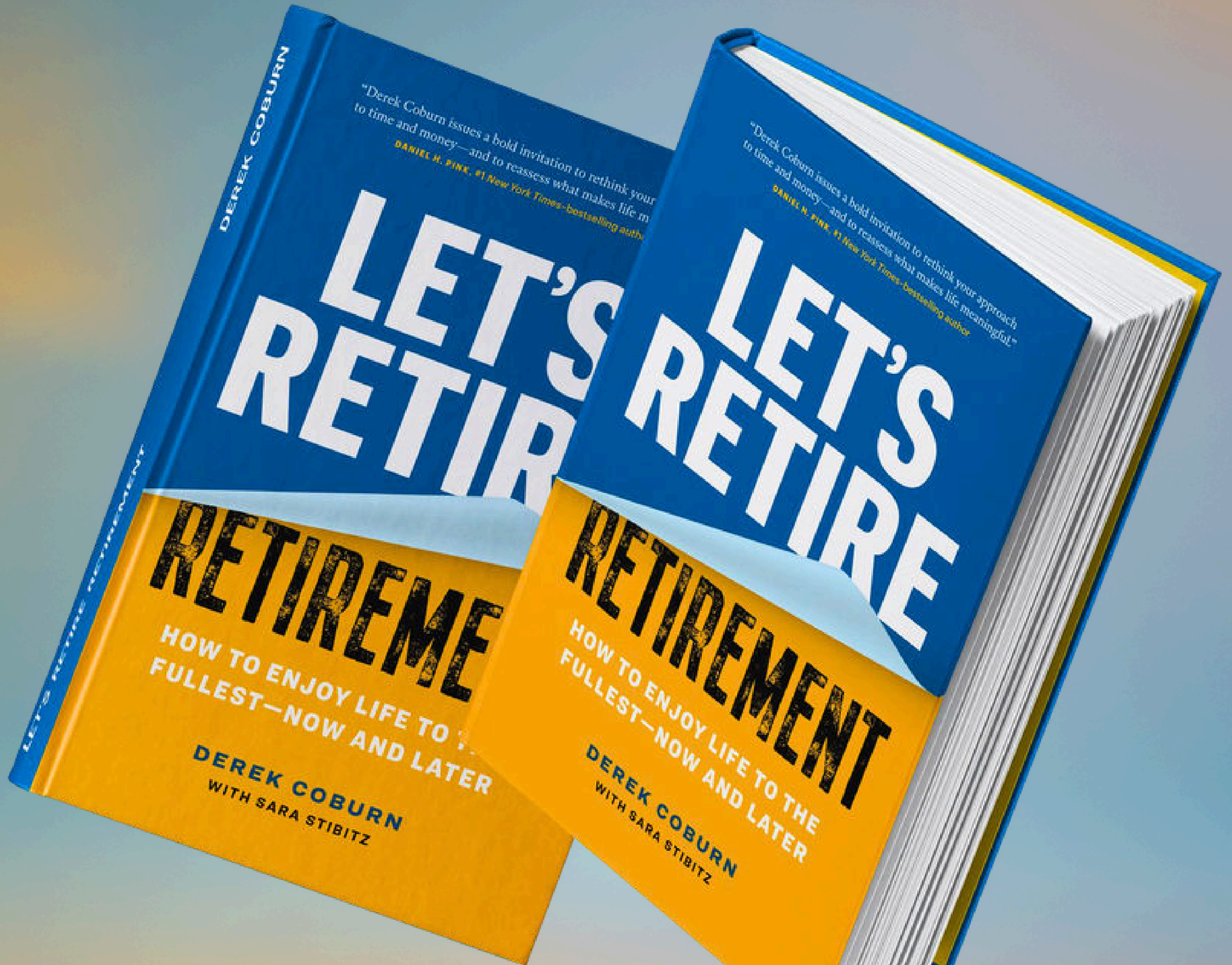
Accelerate new leader results and contributions by coaching leaders for the first six months in their new position.

Navigate Forward

- Trusted partner for executive career transitions and growth
- Purposeful, confidential, and candid support
- Backed by deep experience and proven results
- Since 2008:
  - Guided 2,500+ executives
  - Supported 470+ organizations worldwide
- Proud to be a certified women-owned business



WOMEN OWNED
CERTIFIED BY | WOMEN'S BUSINESS ENTERPRISE NATIONAL COUNCIL


DEREK COBURN
LET'S RETIRE
RETIREMENT
HOW TO ENJOY LIFE TO THE FULLEST—NOW AND LATER
DEREK COBURN
WITH SARA STIBITZ
LET'S RETIRE RETIREMENT
"Derek Coburn issues a bold invitation to rethink your approach to time and money—and to reassess what makes life meaningful."
DANIEL H. PINK, #1 New York Times–bestselling author



UNRETIREMENT MOVEMENT



MINIMIZING **REGRET**

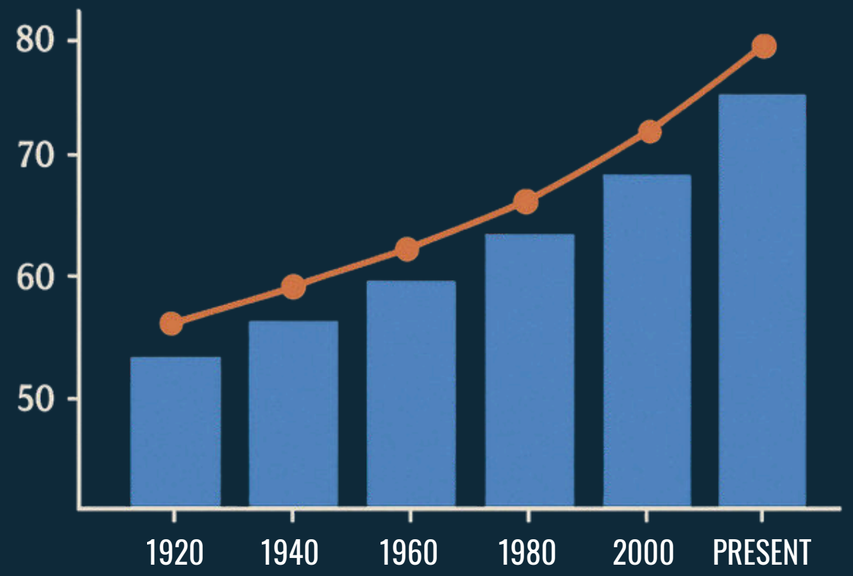




REVISITING HOW YOU GOT HERE

RETIREMENT IS BORN IN **1889**





LIFE EXPECTANCY IN 1935 = 61

LIFE EXPECTANCY NOW = 78

A TALE OF TWO TONYS



TONY
AGE 45

150K INCOME
150K INVESTMENTS



TONY
65...

150K INCOME
150K INVESTMENTS
$2390/MO



TONY
75...



TONY
75...

150K INCOME
150K INVESTMENTS
???



AGE 75 = $110/MO (96% LESS)

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AGE 70 = $600/MO (75% LESS)

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AGE 70 = $600/MO (75% LESS)

AGE 66 = $1944 ($20% LESS)

DEREKCOBURN.COM/NEVERRETIRE



95% of
Warren Buffett’s
net worth came
after 65



RULE OF 72

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IF YOU ASSUME A LONG-TERM GROWTH RATE OF 7 PERCENT, YOUR MONEY WILL **DOUBLE APPROXIMATELY EVERY 10 YEARS (70/7=10).**

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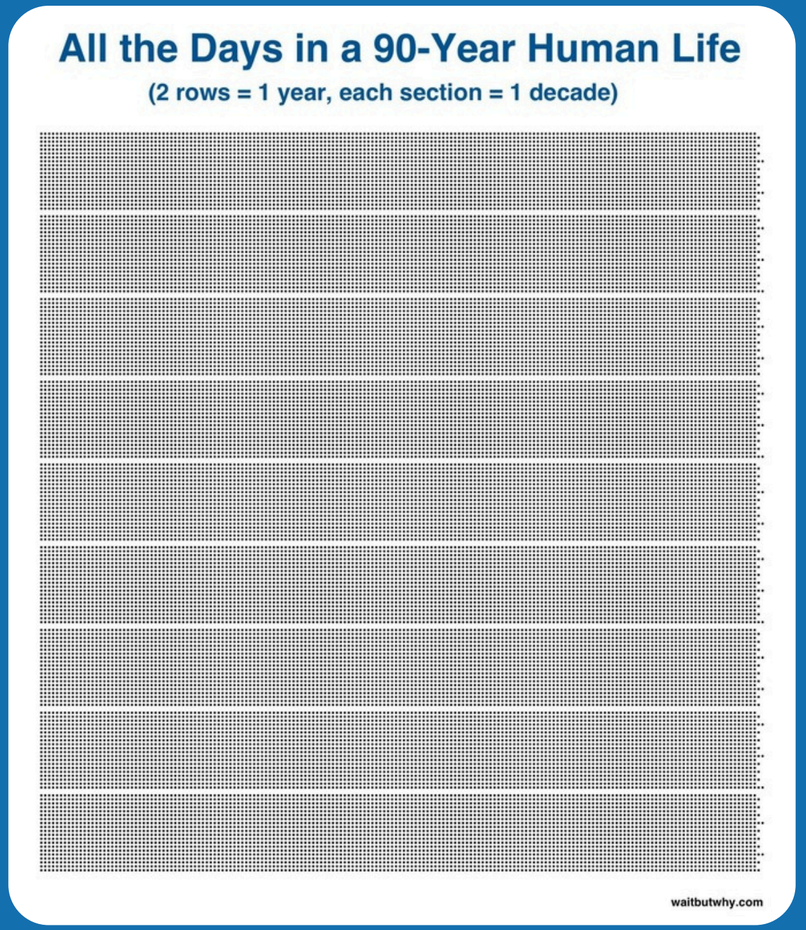
That means $100,000 earning 7% annually at age 45 grows to:

$196,000 at 55

$387,000 at 65

$761,000 at 75

HOW MANY MORE TIMES?



THE TIME MACHINE EFFECT



$50,000 **MOMENTS**

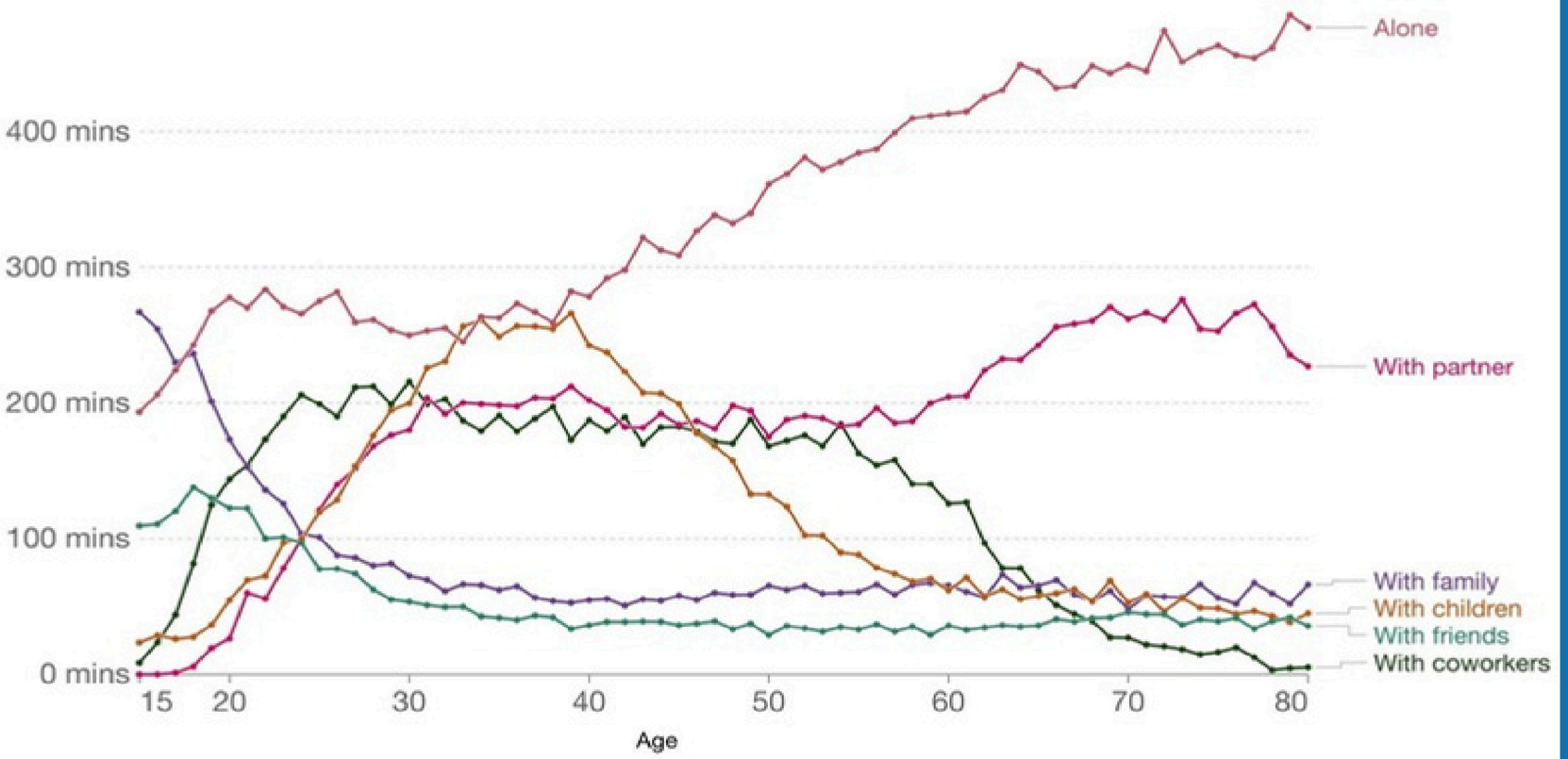




Who Americans spend their time with, by age

Our World in Data

Average time spent with others is measured in minutes per day, and shown by the age of the respondent. This is based on averages from surveys between 2009 and 2019.



Source: American Time Use Survey (2009-2019) and Lindberg (2017)

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Note: Relationships used to categorize people are not exhaustive. Additionally, time spent with multiple people can be counted more than once (e.g. attending a party with friends and partner counts for both "friends" and "partner").

ALIGNMENT AUDIT



QUESTION 1:

If you won $50 million in the lottery tomorrow and never had to work again, how would your life change?

QUESTION 2:

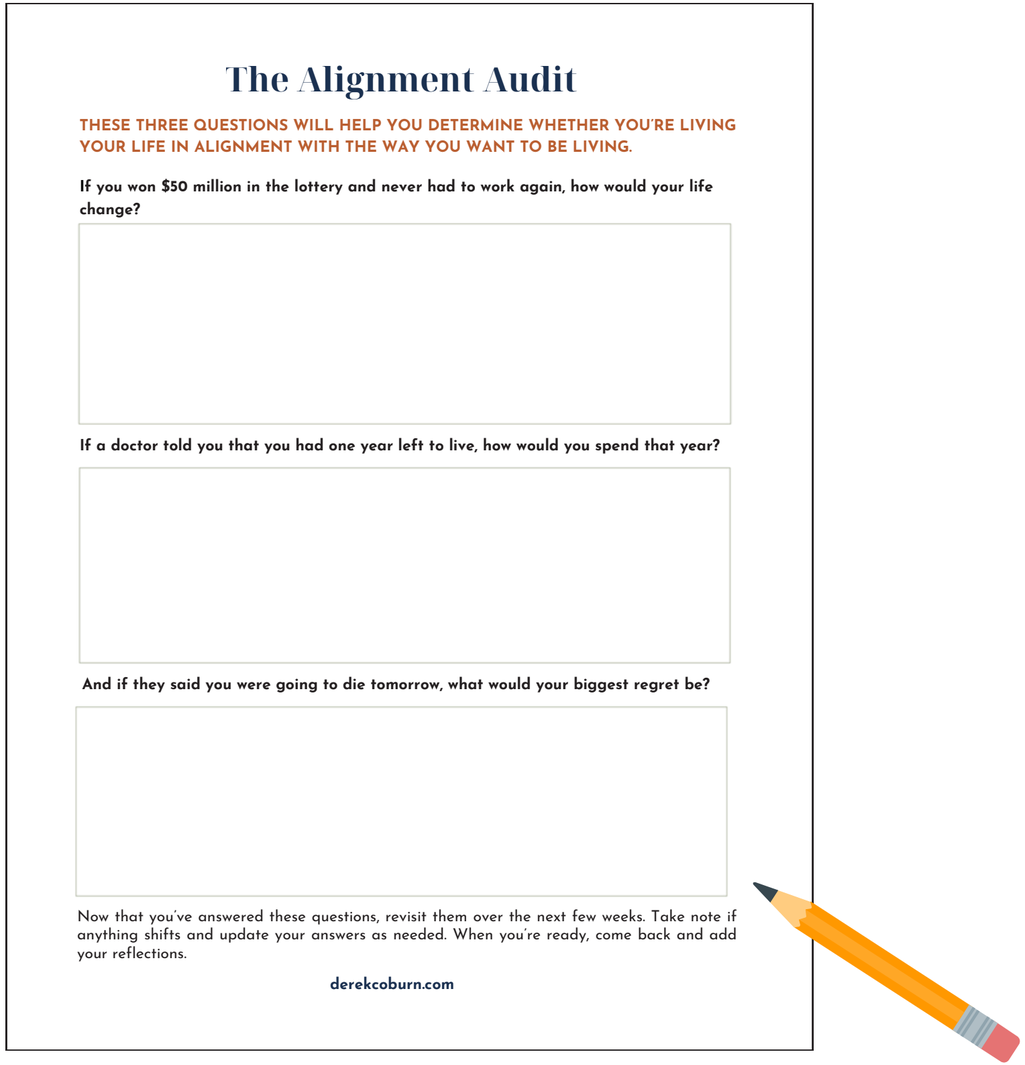
If a doctor told you that you had one year left to live,
how would you spend that year?

QUESTION 3:

If the doctor said you were going to die tomorrow,
what would your biggest regret be?
(Pick a regret you can actually do something about.)

Alignment Audit Worksheet and Table Talk

- Take 5 minutes to complete the worksheet independently
- Discuss key takeaways with your table



The Alignment Audit

THESE THREE QUESTIONS WILL HELP YOU DETERMINE WHETHER YOU'RE LIVING YOUR LIFE IN ALIGNMENT WITH THE WAY YOU WANT TO BE LIVING.

If you won $50 million in the lottery and never had to work again, how would your life change?

If a doctor told you that you had one year left to live, how would you spend that year?

And if they said you were going to die tomorrow, what would your biggest regret be?

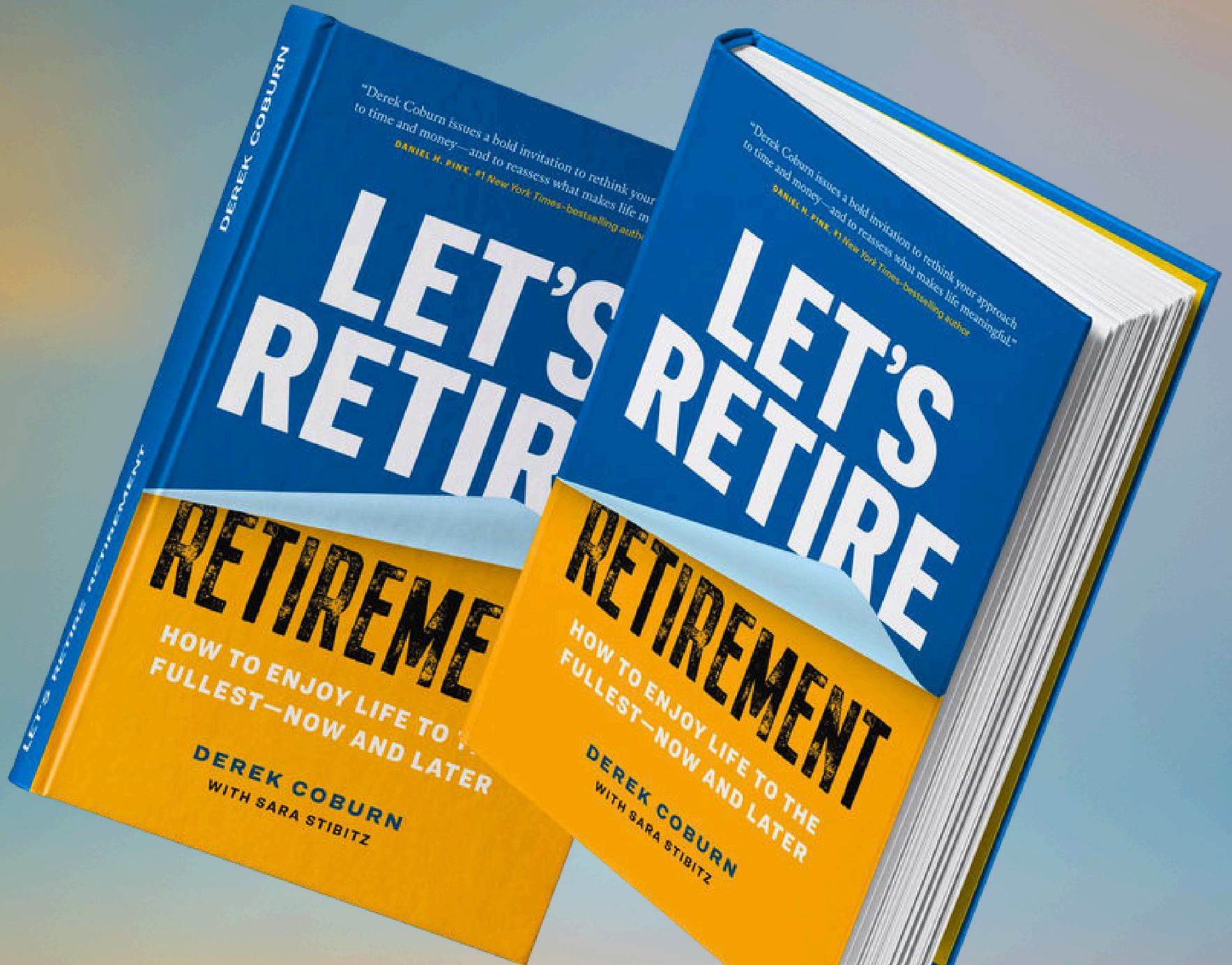
Now that you've answered these questions, revisit them over the next few weeks. Take note if anything shifts and update your answers as needed. When you're ready, come back and add your reflections.

derekcoburn.com

STOP DEFERRING **YOUR BEST LIFE.** START LIVING IT **TODAY.**



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