

# Managing Lifestyle and Career Renewal During Retirement

**Friday, November 6, 2020**

**Virtual Meeting: Zoom details will be  
sent in registration email**

**12:00 - 1:00 p.m.**

## Featuring

**John Mattson**

Chief Executive Officer, Career Coach Consultants LLC



## Description

By the time most Baby Boomers retire, they will have had a career that has spanned over 40 years. If you are now in your 50s, 60s, or 70s, and have recently retired, you may be searching for ways to achieve a new balance in your life, and perhaps seeking a better way to manage your lifestyle during retirement. The COVID-19 pandemic may have also altered or completely changed your retirement plans. You may also be wondering what kind of full-time or part-time work you could perform, or which volunteer experiences you could pursue. This presentation may help you to discover new ways to navigate lifestyle and career plans during your “second-act” and will offer exploratory resources to help renew any past occupations or learn how to reinvent yourself for a new and more fulfilling lifestyle and career, over the next 20+years.

## How to register

**Confirm your attendance by visiting the Career and Lifestyle Planning registration page below no later than Thursday, November 5, 2020 at:**

**[https://ucriverside.az1.qualtrics.com/jfe/form/SV\\_9AZ6BlxgKTrlwMJ](https://ucriverside.az1.qualtrics.com/jfe/form/SV_9AZ6BlxgKTrlwMJ)**

## Speaker Biography



John Mattson retired from UCR in July of 2020, after having served as the Director of the Graduate Career Development Center at the A. Gary Anderson Graduate School of Management at the UCR School of Business. For the past 30 years, he has served in similar roles at The Actors Fund in Los Angeles, The Wharton School's Executive MBA Program, Boston University's Questrom School of Business, and The Fletcher School at Tufts University, from where he received a Master's degree in Counseling.

John is now the CEO of an online career management firm, CareerCoachConsultants.com, which provides career transition coaching to clients seeking to create meaningful career options and desired lifestyle plans.

John, along with six of his colleagues, offer a free 20-minute consultation, which can be scheduled by email at:

[consultants@careercoachconsultants.com](mailto:consultants@careercoachconsultants.com)