

Churches with retirement coaches can not only guide older adults toward better retirement, but can offer spiritual direction in the process.

Questions for Older-Adult Church Leaders to Ask Themselves and Others

1. Who in our community offers pre-retirement classes and post-retirement check-ups that include emotional, spiritual, and mental training?
2. Who among our church's spiritually mature members has retired and could be trained to lead a retirement support group and become a retirement coach?
3. What is our church doing for those who will soon retire or have recently retired?

Coaching Resources

- ***Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach*** by John Daniels, CreateSpace Independent Publishing Platform (2015).
- ***Life Coaching: How to Become A Successful Life Coach Who Inspires, Motivates, and Creates Results*** by Summer Andrews, Retirement Lifestyle Strategies Publishing (2014).
- ***Ready To Retire? Successful Retirement Planning to Make the Best of the Rest of Your Life*** by Dee Cascio, CreateSpace Independent Publishing Platform (2014).
- ***Spiritual Direction: Wisdom for the Long Walk of Faith*** by Henri J. M. Nouwen, HarperOne; Reprint edition (2015).

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