

The Next VolumeSM:

Leveraging Resilience To Write The Next Fulfilling Book Of Your Life

You have worked decades building a successful professional career. Along the way you made sacrifices – putting aside interests, relationships, longed for experiences and the pursuit of special goals. Now the story of the first part of your life - and accompanying constraints - is nearing its end. You have the opportunity to “retire”. Retire doesn’t mean what it used to – a decade or so of good health to travel and relax. Now, leaving your current career at 60 or 65, means you have another three decades of productive life. More than enough time to pursue those interests, relationships, experiences and special goals put aside for so long. Chances are you have been so busy in concluding your current book of life you haven’t had much time to really plan and prepare for 20 to 30 more years of fulfillment. To flourish in new ways requires a thoughtful plan and resilience. Resilience: the set of skills you can learn to reduce stress and increase fulfillment. Resilience is the tool kit required *to write and live your Next VolumeSM*.

The Next VolumeSM is an evidence-based process enabling you to write and live the next volume of your life. It can build your resilience and specific skills needed to:

- Create your *Next VolumeSM* purpose and goals so you can flourish
- Navigate change and opportunity
- Lead a fulfilling life in the coming decades
- Become stronger emotionally, cognitively, physically and socially
- Build optimism and focus
- Achieve a greater level of well-being

The Next VolumeSM Process

The Next VolumeSM process begins with a three-hour introductory workshop. During the workshop you learn the process and basic skills to enable you to begin to write the next volume in your life. One that will increase your feelings of fulfillment and well-being. After the introductory workshop you are invited to spend an hour, one-on-one with Dr. Flanagan. This session’s purpose is to determine your best path forward. You may leverage the knowledge obtained during the workshop on your own, work individually with Dr. Flanagan, or participate in the *The Next VolumeSM Group Process*. The key is to find the best fit for you. Whatever path you choose you can benefit from:

- An integrated set of skills to increase your ability to flourish and be consistently fulfilled
- Specific assignments to practice new skills between sessions
- An assessment of your personal strengths
- Podcasts to structure and reinforce your mindfulness and other cognitive and emotional skills
- A practical plan to achieve your balanced portfolio of objectives to flourish and fulfill your purpose

What Are The Benefits Of Learning And Practicing *The Next VolumeSM* Skills?

The benefits you achieve will result from your personal profile and performing the skills taught. Research has found the following benefits from practicing the components of *The Next VolumeSM*:

- 32% increase in physical well-being
- 29% increase in positive emotions
- 26.5% increase in self-awareness
- Increased ability to solve complex problems
- 26% increase information processing
- 13% increase in self-efficacy
- Greater optimism
- Sustained increase in happiness

Dr. Leo F. Flanagan, Jr., a licensed psychologist in New York State, has created techniques to build the resilience of financial, legal, medical executives and professionals and first responders since 1981. Leo has coached hundreds of leaders in banking, law and medicine. **For More Information:** contact Leo at: Leo@CenterForResilience.com or 203-561-9946.