

End of career party

It's your party. It can be a traditional retirement party, or not, that's up to you. You are at the end of your working life—reflecting back to where you are now and beyond.

You are surrounded by people you have worked with. Some you already know today, others you may not have started working with yet. Your friends and family can be there too. All the key people who have been impacted by you and your work have come to support and honour you.

Step 1: Immerse

Take a moment to immerse yourself in the party – what can you see, hear, feel, smell. Who is there, who isn't there? It is your party. You get to choose. Maybe try closing your eyes to help deepen the experience.

Step 2: Noticing

What would you really like people to be saying about you and your working life – to you and each other?

What else are you seeing, hearing, feeling?

There is no given format for this activity, so please do something that suits you. Some people do a mind map, others a list of phrases, others sketch something, others record a voice or video clip.

Step 3: Reflect

The reflection is simple too:

- What strikes you about what you people to be saying, and not saying?
- What do you notice about who is there, and who is not there?
- What is the vibe of the event?
- And what else?

You can continue evolving what you have captured. Your unconscious will probably continue working in the background for some time.

You can use this insight to help make more sustainable choices about your next chapter – helping avoid the inevitable seductive but ultimately unfulfilling cul-de-sacs.