

Your Next Great Chapter



Finding Purpose & Passion in Your 50s, 60s, and Beyond

Presented by Laureen Quick
Navigator, Coach, Speaker

Welcome & Intention

This session is for YOU—whether you're navigating your own next chapter or helping others discover theirs.

A space for reflection and action
A time to reconnect with purpose
A journey toward fulfillment



Why This Matters

We're living longer
and deeper lives.

Aging is a chance to
rewrite our stories.



Redefining the 'Next Chapter'

It's a beginning with wisdom.

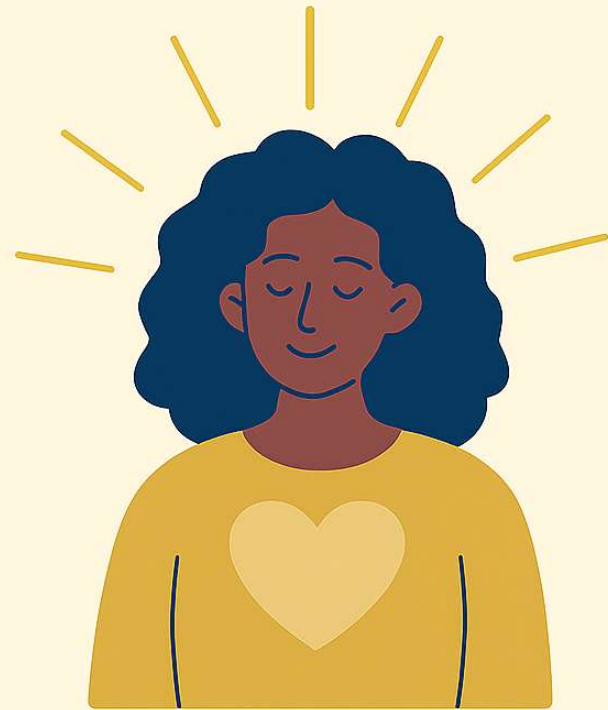
- Adventure with intention
- Grace with power
- A legacy being shaped in real time



Values + Passions = Purpose

Purpose arises when what you care about meets how you show up.

- What do you love?
- What matters most?
- Where do you feel most alive



What Do You Value Most?

Journaling or quiet reflection:

- Think of a time you felt proud or fulfilled. What values were at play?
- What do you never want to compromise?



Common Challenges

What Gets in the Way (And What Doesn't)

- Identity shifts (retirement, caregiving, empty nest)
- 'Shoulds' and old scripts
- Burnout or invisibility
- Fear of starting over



Micro-Rebellions

Saying no to what
no longer fits

Saying yes to
something that
lights you up

Asking for what
you want



Tools for Clarity & Direction

Try these reflection/coaching tools:

- Values Inventory
- Next Chapter Mapping
- Legacy Letter Writing



Living Legacy

Legacy isn't what you
leave behind.

It's how you live now.

Who are you shaping
today through how
you show up?



Application for Professionals

- Clients facing transitions
- Caregivers who feel depleted
- Teams who need inspiration



You don't have to have all the answers – just the right questions.

Thank You



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resonates, book a
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