

# Retirement By Design:

*Experiential, Practical Ways To Decrease Financial Anxiety and Stress*

## Thinking about retirement can bring some questions to mind:

- What will I do when I retire?
- Am I saving enough?
- Will I even be able to retire?
- Why do I feel anxious just thinking about starting retirement planning?
- Why do I feel so powerless?



## In this 60-minute online workshop active participants\* will:

- Gain a better understanding of why they may feel stressed and anxious about retirement planning
- Identify major thoughts (*and feelings*) that could be preventing planning a bright and certain future
- Learn and practice techniques to calm the anxiety in both mind and body
- Discuss how to translate visions for retirement into tangible goals
- Learn investment strategies they can use now to help design the retirement they want tomorrow

## To book “*Retirement by Design*”, contact the Facilitators

### **Edna Brinkley, PhD, ART, CCATP**

*Licensed Psychologist  
Women’s Success Strategist*

**Mission:** Empower professional women with the information and tools they need to break free of the stress-worry cycle so they can feel calm and confident, even in chaos.

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### **Stephanie Emory, BA**

*Financial Advisor*

**Mission:** To help female investors find peace of mind and confidence about reaching their personal financial goals so they can concentrate more on their careers and all the things they love.

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*\*Individual results may vary; not all individuals will experience all these benefits*