



**SPEAKER ~ AWARD-WINNING AUTHOR ~ AWARD-WINNING COLUMNIST ~ ATTORNEY**

## Stop Procrastinating and Start Planning! A 4-Step Personal Readiness Plan™ for an Extraordinary Life and Legacy

Life is filled with change. Sometimes it's within our control; other times it's unexpected, unbidden, even stormy.

Cancer. Divorce. Job loss. Aging parents. Death. You get the drift.

Dealing with change is emotionally taxing. With no plan or forethought, navigating it can be paralyzing. And one person's storm can cause unwanted distractions, disruptions and drama.

Wouldn't it be great if we all had wills, health care directives, guardians for the kids and plans for retirement? Yet we don't. Because we'd sooner floss our teeth than think about end-of-life issues.

**If you're a professional whose work involves helping clients to plan or problem solve do you struggle to engage them in the process?**

Caryn Sullivan offers "the why" and you provide "the how." In her interactive keynote Caryn offers a values-based PLAN – and rationale – for anticipating and preparing for personal and professional choices that impact quality of life – and legacy: **career; vacations and traditions; aging and retirement; health; estate planning, etc.**

At the end of her presentation audiences will be motivated to tackle life and death planning because Caryn offers a unique incentive:

- *Think of planning as a gift for those who care for and about you.*
- *Think of planning as a gift to yourself.*
- *When we have the uncomfortable conversations, make the difficult decisions and put a plan on paper we can live a calmer, more joyful life!*

So... if you need a fresh way to engage clients in planning or if you, your colleagues or loved ones haven't considered and decided upon personal and professional action steps, Caryn Sullivan's Personal Readiness Plan™ offers a roadmap for an extraordinary life and legacy.

## Your Personal Readiness Plan™

- A framework for identifying **values-based choices** as the foundation for a Personal Readiness Plan™ and a life well lived
- **Actionable steps** to create a Personal Readiness Plan™ that addresses anticipated and unexpected life changes and stages
- The motivation to **stop procrastinating and start preparing** that results in a shift from *I know I should* to *I'm relieved I did*

### NEED A PERSONAL READINESS PLAN™?

Contact Caryn at [caryn@carynmsullivan.com](mailto:caryn@carynmsullivan.com) to book her for your next event.

## About Caryn

When she joined the freakin' widows club in 2009 Caryn Sullivan faced many decisions while in an exhausted state of shock. Caryn had little direction on emotional issues such as burial versus cremation. And where were all the documents? Head spinning, she struggled through the chaos because she'd avoided the end-of-life conversations. Why? Fear. Daily life was busy and stressful. And thinking about end-of-life issues felt premature.

Until it wasn't.

Wiser now, the attorney, award-winning author, stepmother and guardian of an adult son with autism draws upon her personal and professional expertise to offer audiences her roadmap to a life well lived.

## Testimonials

*Caryn's presentation on planning was well received and started the necessary discussions we all have to have.* —Tim Plunkett, Minnesota Lawyers Mutual

*I highly recommend other organizations have Caryn share her recommendations on what people need to do in planning for their future – one of the most important transactions in a lifetime for all families.* —Bradley J. Hepp, CPCU, ARM, Hepp Risk Consultants

*Caryn crafted her message of "the only certainty in life is life's uncertainties" to underscore the importance of financial planning. I highly recommend Caryn.* —Christopher Bentley, CFP, Ameriprise Financial

Caryn's  
Client's  
Include:



TeamWomenMN

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