

# Retirement **TRANSFORMED**

WITH MARK & JODY ROLLINS



Mark & Jody Rollins serve as a personal guides for those who have built their identity around their business and professional accomplishments. They can provide you the tools and strategies to enjoy your new found freedom and give your life new meaning. They've challenged themselves to live a different type of retirement and are now dedicated to helping others do the same!

## KEYNOTES, BREAKOUTS & TRAINING



- **REIMAGINE YOUR RETIREMENT**  
Step away from the traditional idea of what retirement looks like and reinvent this next phase of life.
- **CREATE A NEW IDENTITY**  
You are so much more than who you were in your career. Shed those layers to define who you are outside of your professional identity.
- **10X YOUR RETIREMENT**  
Achieve the goals that seem out of reach and take your retirement to the next level.
- **SHARE YOUR WISDOM**  
Your wisdom is your main asset. Take all your valuable skills and talents to give back to your community in meaningful and fulfilling ways.
- **COME UP WITH A GAME PLAN**  
Take control of your post-retirement life with Your Game Plan, our defined 12-week online program.

To book an event or inquiries  
contact us at:  
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**959-265-9155**

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## THE 5 PILLARS OF RETIREMENT



### **Physical Wellness**

As we age, we will be confronted by new physical challenges, so it has never been more important to get this aspect of your life on the right track to maximize the length, and enjoyment of, your retirement.



### **Mental Wellness**

Transitioning out of our “professional career” can have emotional, spiritual, and intellectual impacts on our mental wellness. Without a clear plan to maintain and improve our mental wellness it is easy to fall into a downward spiral, which can cause all areas of your retirement to fall apart.



### **Relationships**

Retirement requires us to be more intentional about our relationships and build a meaningful community to maintain a sense of belonging. We will help you navigate leaving your work family behind and maintain professional relationships post-retirement.



### **Spouse/Partner Relationships**

Retirement can shock and test the best of relationships, especially when one or both of you have found great fulfillment over the years from a thriving career. Any change in relationship dynamic can have unexpected consequences and/or opportunities. We will ensure you and your spouse/partner are doing all you can to thrive together.



### **Wisdom-Sharing**

When retirement hits, so many assume that there is no next thing to prepare for...but you've just spent your life learning and growing. We'll help you find a way to gain relevance and get fulfillment by serving others with the skills and talents you have honed for decades.

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## OUR UNIQUE PROCESS

Discover how to navigate the unexpected challenge ambitious professionals face when entering retirement. Retirement Transformed will guide you through a series of exercises to evaluate where you stand today and where you'd like to be tomorrow. Establish the foundation you need to pursue a Retirement Transformed with an actionable plan to help you build the right habits to be your best self.



**REFLECT**

Determine where you are on your journey, what have you left behind you can bring forward, zone in on your strengths & values.



**ENVISION**

Helping you create a vision in retirement that goes well beyond the traditional thinking of taking it easy.



**PLAN**

A personalized plan for your future can last for decades. You planned your entire career, you need to plan in retirement as well.



**ACT**

The most important component. Helping you instill new healthy habits and routines to pull your plan together and make it happen.

# MEET MARK & JODY



**Do you see retirement as a reward for what you have done so far?  
Or as a window of opportunity? — Markham Rollins**



Mark Rollins is an executive coach and national keynote speaker who helps entrepreneurs and executives rewrite their story of retirement to live a life filled with purpose, passion and clarity. As an accomplished (now retired) insurance executive and former business owner of the Rollins Agency, Mark built his career managing a business dedicated to helping individuals plan for their future. Now utilizing his unprecedented proprietary program, Mark and his wife Jody help individuals plan for their retirements beyond their financial plan. Using their unique planning process, Mark helps to solve the retirement problems including loss of identity, loss of community and the 40+ hours of free time that comes their way and helps them to create a vision and actionable plan that leads to a happy, healthy, fulfilled life of service and wisdom-sharing.

An early entrepreneur himself, upon graduation from college, Mark entered his family's insurance business, The Rollins Agency. Over the course of 40 years, Mark successfully expanded the agency, eventually selling the company to Brown & Brown, the sixth largest insurance broker in the USA. He guided the company through the acquisition and served an additional five years before retiring.

A philanthropist and volunteer throughout his life, Mark has always prioritized giving back his time and skills to numerous non-profit organizations and his professional community.

**A retirement spent living with excuses can be the difference  
between success and failure or happiness and sadness for the  
next 30 years. — Jody Rollins**



As Co-Creator of Retirement Transformed, Jody E Rollins has been instrumental in conceptualizing and creating the coursework, coaching practice guidelines, and speaking engagements built to re-frame dated practices in planning for retirement.

Prior to retirement, Jody was a dynamic leader for over 30 years as an Insurance Executive and Senior Vice President at CHUBB in New York. During her tenure at CHUBB, she was known for her instinctive and effective ability to develop, communicate and execute strategic plans to help achieve ultimate success across all insurance coverage lines for the company.

In addition to her work with Retirement Transformed, she is also an active member of SheEO of New York where she is dedicated to consulting female entrepreneurs who are solving some of the world's toughest social issues. Utilizing her certificate from UPENN in Applied Positive Psychology, many years of research and experience; Jody looks forward to sharing her insights on how to help people find their passions, create an actionable retirement life plan, and live their post-retirement years with meaningful purpose and clarity. Jody is very active in her community, local charities, and global philanthropic endeavors.



**Mark and Jody split their time between Marco Island, FL, and Essex, CT. Together they have six children who live across the country. Both Jody and Mark are very active in their communities, local charities, and global philanthropic endeavors.**