



Background and Contact Information

Name: **Jean A Bonander**

Title of Most Recent Full-Time Position in Local Government: **City Manager**

Organization: **Larkspur CA**

Number of Years in Local Government: **29 years**

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Your “Encore” Experiences

Please describe below your various activities and experiences, which may be of interest to local government managers as they consider their next life phase (for example, consulting, interim management, teaching, pro bono or volunteer work, writing, work in the non-profit sector, creative or artistic pursuits).

Having retired six months ago, my transition period is brief but has been productive. I spent over a year determining how best to manage my own transition into retirement from full-time local government service. Thoughts I can offer include that I spent over a year analyzing my feelings, fears, frustrations and hopes before stepping away. My spouse and I had extensive conversations about how this voluntary change would affect our relationship and future plans.

About three months ago, I started working again on small projects and have completed two contract assignments – one goal setting session and one drafting of a contract. I have established a management consulting firm and business plan and have learned a lot about start-ups.

Your Coaching Interests

Do you have any specific coaching interests? (for example, helping managers find interim work or teach)

I am interested in assisting any manager interested in preparing for her/his own process for going through retirement, which frankly, requires as much planning as starting a business, and then sharing ideas and processes about how to best identify and utilize one’s skill set to go on to the next stages of life – whatever those stages might involve.

Thanks for the opportunity to be of service.