



Casas Coaching & Consulting, LLC (C3)  
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## ABOUT

Audrey Casas is a transformational coach and accomplished healthcare executive who empowers clients to take charge of their legacy and life transition plans through a collaborative, client-driven approach.



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*The process was very easy to follow. I liked the first brief session, detailing how things would go, then the next meeting to go over everything. Pulling all this important info together was quite the exercise, but so critical! I really felt great having completed this before my major vacation. It was a great experience!*

-Customer R.H.

## RETIREMENT/LIFE TRANSITION VISIONING

### OPPORTUNITY - AMERICAN FAMILY STATS\*

**67%** individuals between ages 50 and 74 that don't have a formal retirement plan

**7.0** retiree satisfaction in 2022 compared to 7.4 in 2020 (out of 1-10 scale)

**75%** of longevity that is tied to non-genetic factors

**7.5** years added to lifespan with positive age beliefs

**4** the number of core denominators tied to the healthiest and longest living communities in the world

### SOLUTION

#### Retirement/Life Transition Visioning

- Create a **Life Transition Vision (LTV)** - a system that cements a plan but allows for changing priorities and unexpected opportunities
- Uncover core value, guiding principles, transition aspirations
- Identify external forces impacting your vision
- Develop strategies to leverage motivators & mitigate barriers
- Establish goals to ensure a seamless transition

### VALUE PROPOSITION

- **Supportive Coaching** – Audrey provides 1-on-1 coaching, tapping into intrinsic motivation to complete the planning process
- **Condensed & Customized** – The LTV is an individualized one-page mnemonic to be kept in sight in a high visibility area
- **Longevity Strategies** – Focus on healthiness and aging as a unified system, limit reliance on drugs
- **Professional Referral Sources** – Trustworthy legal and financial referrals, if needed

### NEXT STEPS

Start creating a pathway to a seamless life transition and longevity. Schedule a FREE 15-minute no obligation consultation via the web at [www.c3hsb.com](http://www.c3hsb.com) or email Audrey at [c3hsb@outlook.com](mailto:c3hsb@outlook.com).



[\\*Is longevity determined by genetics?: MedlinePlus Genetics](#)  
[Becca Levy and the Fight Against Ageism < Yale School of Public Health](#)  
[28 Retirement Statistics You Should Know for 2025 | Harbor Life](#)  
[52 Retirement Statistics You Should Know for 2023](#)