

Retirement Readiness



Blakely J. Werner, PsyD Professional Biosketch

Blake has over 25 years experience in human resource and organization development, working in a wide range of industries both in the US and overseas. It is from this context that his interest developed helping adults discover their full potential and to successfully bridge their working life to and through retirement.

Blake has a doctorate in clinical psychology from Southern California University for Professional Studies and a master's degree in school psychology from the University of Wisconsin. He is a licensed mental health counselor and a member of the Washington State Psychological Association. With a growing interest in issues related to aging adults, he earned a Certificate in Gerontology through the University of Washington and is presently providing mental health services to residents and staff of nursing homes. .

As a proud *baby boomer* Blake has weathered a number of adjustments, found new opportunities, and begun enjoying a glimpse of the freedoms that come with what Gail Sheehy calls "the age of mastery." In addition to mental health services, he is exploring opportunities related to technology and "aging in place". He is also interested in issues related to the aging workplace, the advantages of attracting, training, and retaining older workers. Through his business, *Second-Adulthood Seminars*, he has helped many individuals plan for and effectively navigate the waters of retirement. A former school psychologist, he feels blessed with the opportunity to have worked with individuals throughout the human development spectrum, from preschoolers, to adolescence, to adults. Saving the best to last, our elders.