

# A Survey of 100 Successful Professional Women

## You Version 2.0 – Discover Your Next Chapter

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## Executive Overview:

The survey **You Version 2.0 – Discover Your Next Chapter** was developed to explore what is top-of-mind when successful professional women begin to think about their next chapter in life. As president and founder of Syzygy, I was consistently finding myself in conversation with seasoned women professionals who were considering the next steps in their life beyond their current roles.

It was these conversations that led me to develop the **You Version 2.0 – Discover Your Next Chapter Survey**, with a goal of interviewing over 100 successful women professionals. The respondents were professionals ranging from CEO's, to Vice Presidents, to Directors, with 66% of the respondents being age 46 and above. 73% were employed, and 22% were self-employed.

Because I help people discover their strengths, values and passions and help align their life paths to these, I wanted to understand how these elements linked to the work they are doing today. It was great to see that over 70% of the women indicated their current work is tied to their strengths. In other words, they are doing work that they're good at and bringing their gifts to work each day. I was sad to see that less than 50% indicated that their work is tied to their values (43%) passions (35%) and dreams (16%), but perhaps this gives reason to the 'calling' that so many of these women seem to be having for their Next Chapter.

It was interesting that 11% of the respondents selected "Other" in this question (My work is related to...). In nearly all of the "Other" category indications, the respondents handwrote that their work is related to their financial needs. This is certainly an important factor, and highlights why proper planning is an essential element to incorporate into that Next Chapter Plan.

The respondents were given an open-answer question – *“What three things in your life would you change?”* The answers addressed life balance and more time with family, less stress, expanded personal relationships, more passion in their life and in their work, more fun and creativity, better health and increased energy levels and more stable finances. Many indicated a change in their job and a change in the work that they're doing.

Unique to this Syzygy survey, the women were actually given the opportunity to envision their Next Chapter. They were asked to ponder “How do you spend your days?” “Who is around you?” “What is different?” “How do you feel?” This provided the respondents an opportunity to dream exactly what they'd like to manifest in their lives. In

fact, many of the women sent a thank you note with the survey, saying it was perfect timing for them to ponder these questions in reflection! The women had an opportunity to go deeper into their own personal journey. To set the bar and even consider some action steps they might take to get it all started.

I was curious on the timing of each women's Next Chapter – was this something that they were undertaking now, or were they thinking about this years out. I was surprised at the responses I got! When thinking about their next chapter, 71% of these women indicated that they anticipate change taking place within the next 3 years! That's 7 out of every 10 women ready to launch their next chapter in the next 3 years! 31% of these women are anticipating the change this year! From the many conversations I'd been having, I knew people were ready for change, but I didn't realize that it was coming so quickly!

Finally, I wanted to know where they were in the overall planning of their Next Chapter, so I asked, “*When thinking about your Next Chapter:*” (and gave them the following multi-choice answers to choose from):

- 35% say, “I know exactly what they want to do in their next chapter and have started the steps to manifest it.”
- 10% say, “I know I need to do something different, I just don't know what it is or how to even think about it.”
- 24% say, “I feel really stuck and don't see a way to get there.”
- 11% say, “I'm going too fast to even be thinking about this!”

### Launching Next Chapters!

What became apparent in the conversations that have unfolded since the survey completed – is that there are a whole lot of women ready to launch their next chapter. Merely asking the questions that pondered in survey – started momentum – started movement. When I envision the change that lies before us driven by these talented, driven women – the personal growth, the breakthroughs to new inspirations, the difference this group will make to our world – I'm excited to watch it all unfold! Watch out world!

I hope you'll join us in creating this change.

Warmly,

Kami Guildner  
President, Syzygy Consulting & Coaching

## You Version 2.0 – Discover Your Next Chapter

You've worked hard. You're successful. Yet something inside is beginning to shift. You're starting to think about what's next in your life. You're wondering if there's not something different for you out there. Ah, but you just don't know what it is or where to start! Or perhaps, you're moving so fast that these thoughts never make it to the surface!

Afterall, woman executives often balance it all! And usually, it's their own self-care that gets left behind. Everyone and everything else comes first. I'm on a mission to help successful women stop and reconnect to their inner wonder. I'm on a mission to help these women launch their ***Next Chapter in Life*** - a chapter grounded in values, passions and dreams. And that's where I need your help! I'd like to know what's top-of-mind for you when you think about ***Me Version 2.0!***

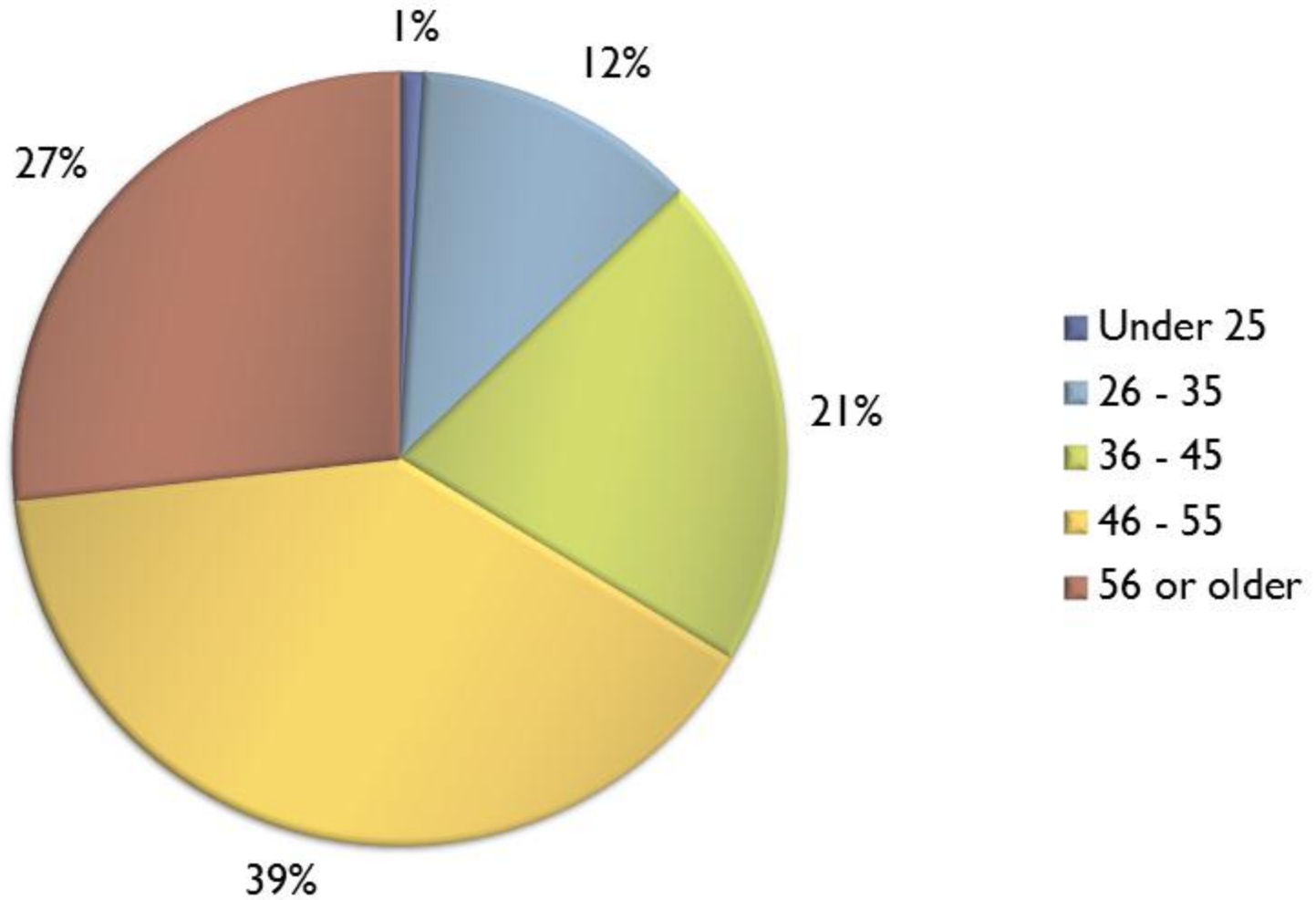
# Highlights

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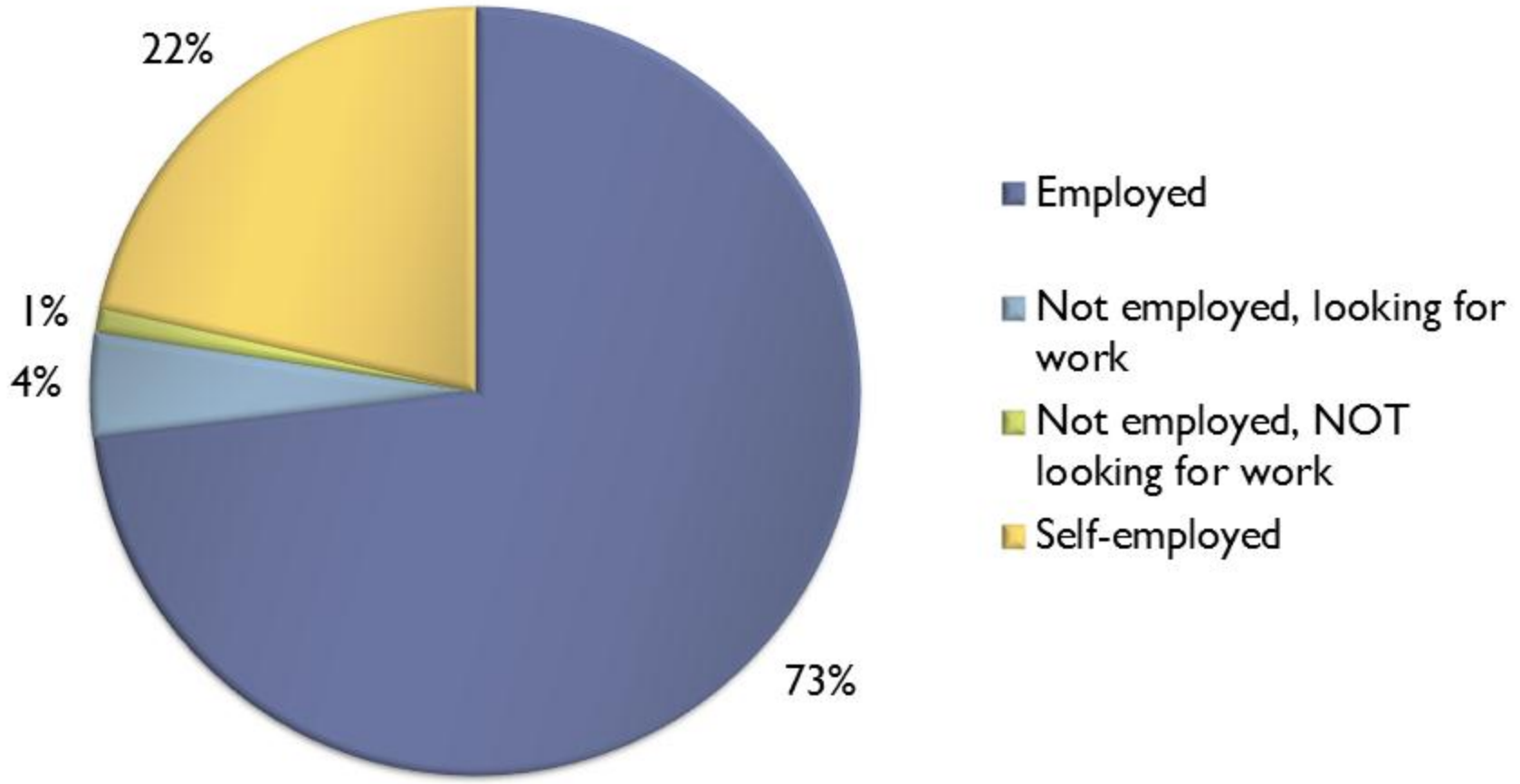


- ▶ 101 Successful Professional Women Responded to this survey
  - ▶ 66% of respondents were 46 and above
  - ▶ 73% were employed and 22% were self-employed
- ▶ When thinking about their next chapter, 71% of the women who responded indicated that they anticipate change taking place within the next 3 years! 31% of these women are anticipating this change this year!
- ▶ While over 70% indicated their current work is tied to their strengths; less than 50% indicated that their work is tied to their values (43%) passions (35%) and dreams (16%). 11% selected “Other” and wrote in that their work is linked to their financial needs.
- ▶ When thinking about their next chapter:
  - ▶ 35% say, “I know exactly what they want to do in their next chapter and have started the steps to manifest it.”
  - ▶ 10% say, “I know I need to do something different, I just don't know what it is or how to even think about it.”
  - ▶ 24% say, “I feel really stuck and don't see a way to get there.”
  - ▶ 11% say, “I'm going too fast to even be thinking about this!”

# Age of Respondents



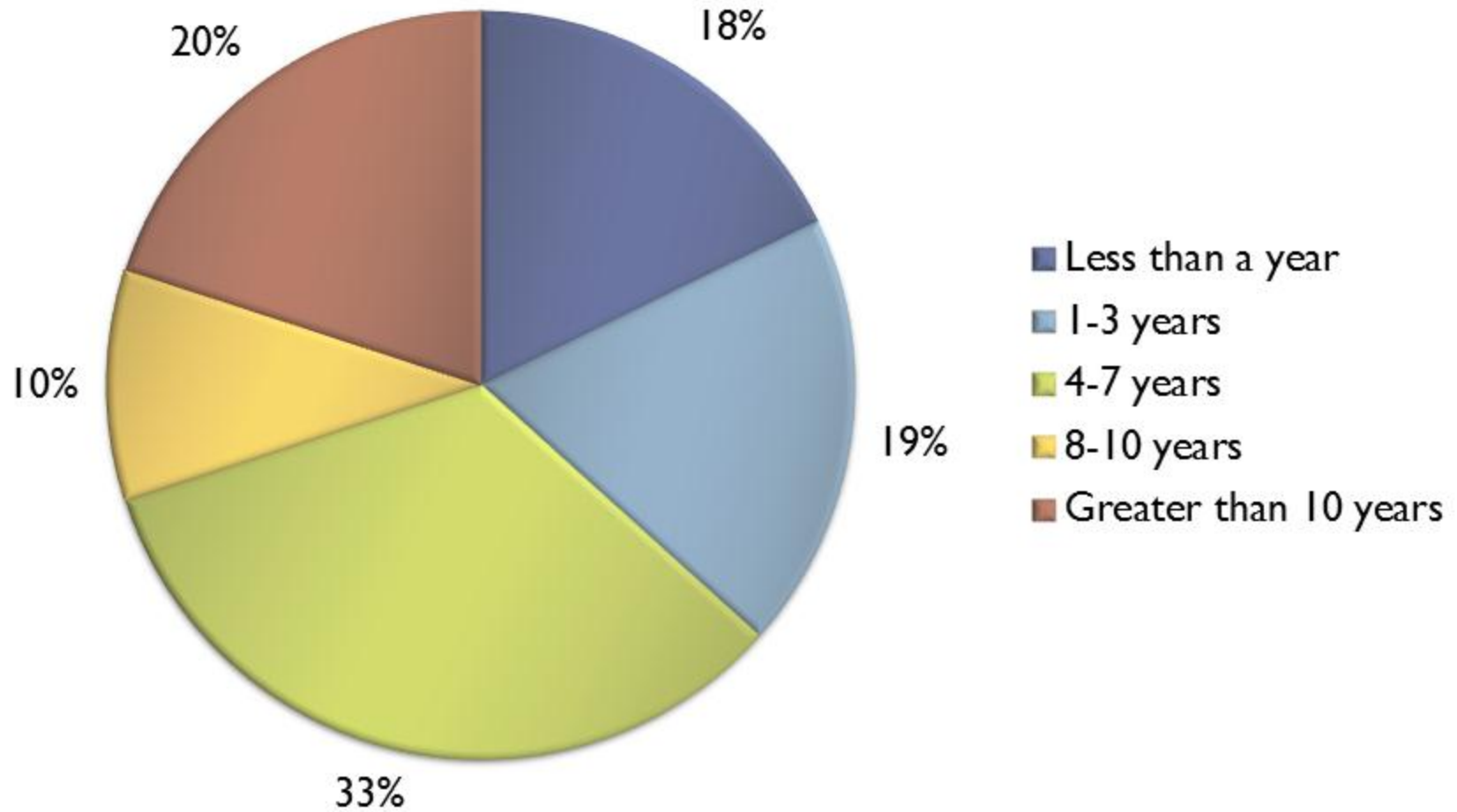
# Employment Status





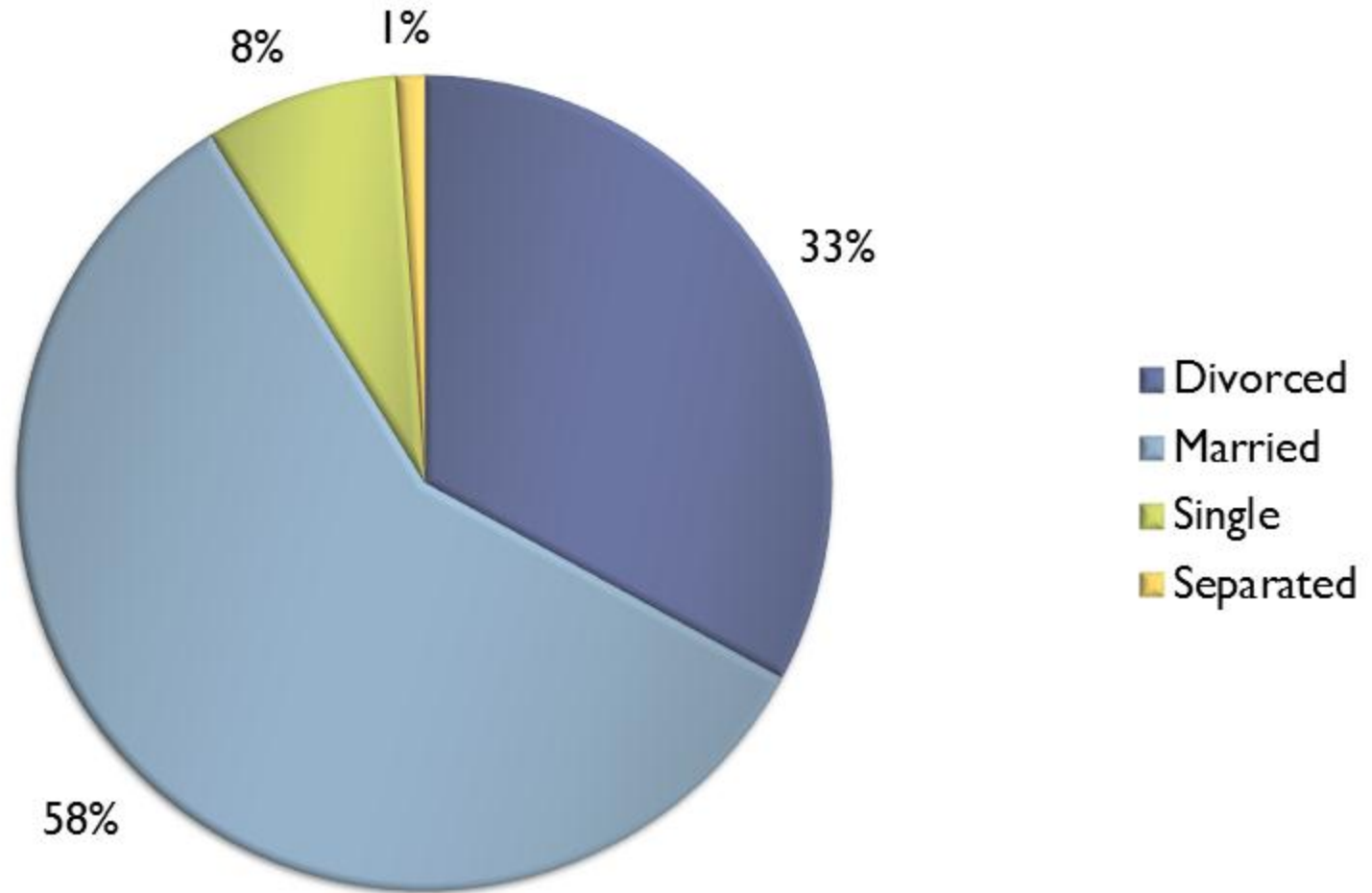


# Length of Time in Current Role

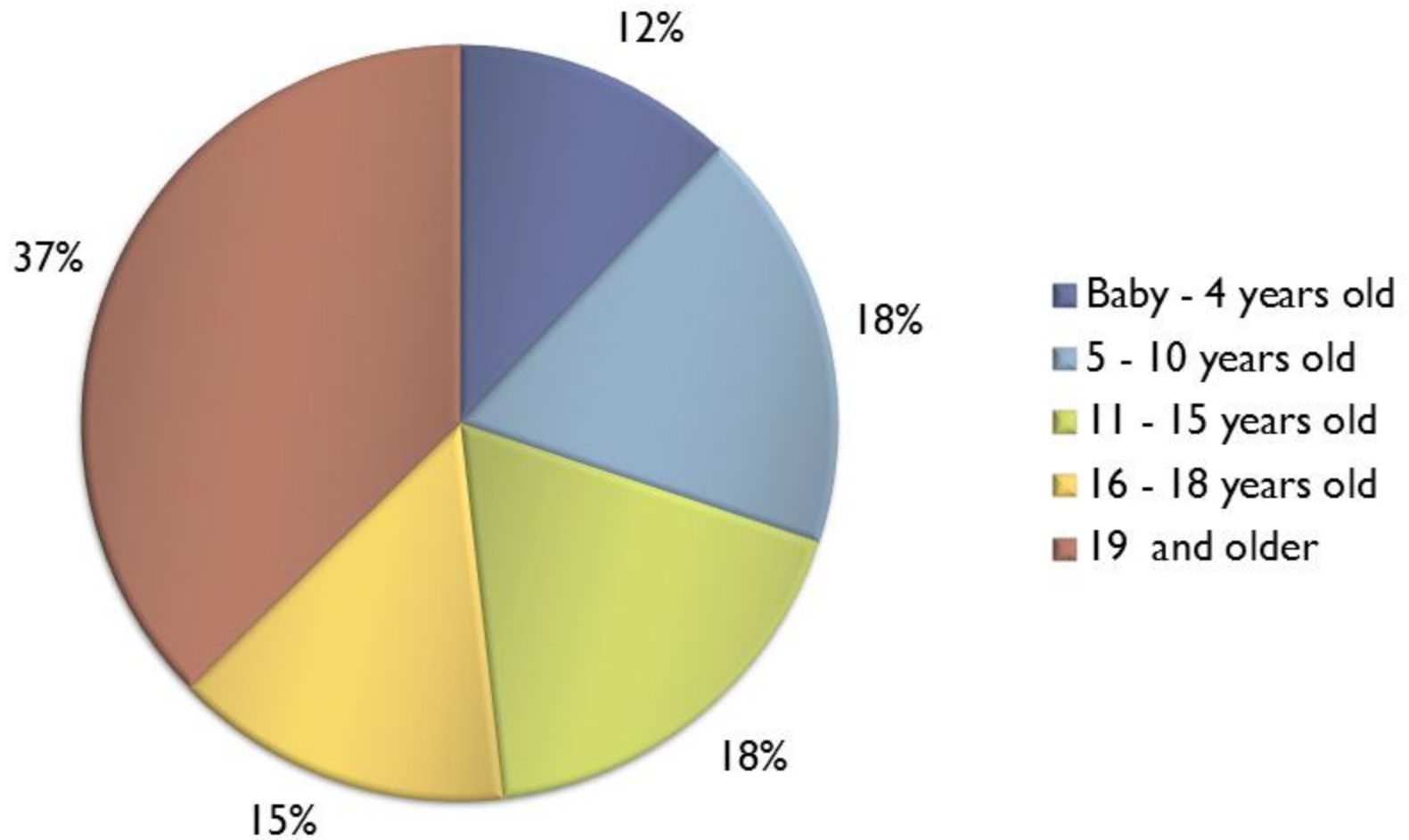




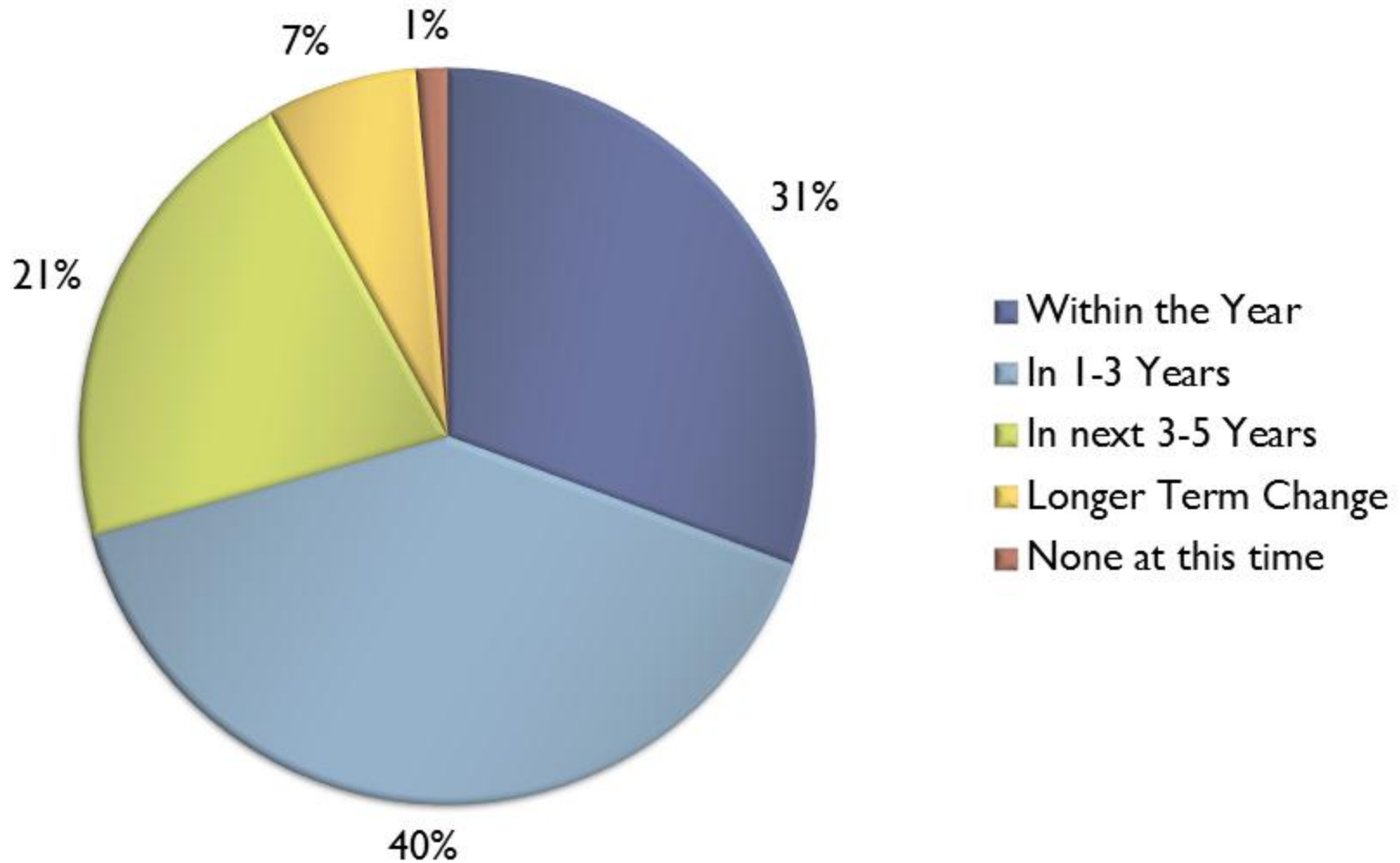
# Marital Status



# Children



# When thinking about your Next Chapter in life, do you anticipate change taking place:





# 36% of you wanted more balance and time with your family

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- ▶ “Not to work so hard and so much. Not have so much pressure. I think I would like to have time to smell the roses.”
- ▶ “Be able to travel more; start writing again; eat healthier.”
- ▶ “Adhere more strongly to my commitments to reserve time for fun and creativity.”
- ▶ “I would reach out more to my friends to stay connected and have a better balance between work and home. As I write this I realize that I alone could choose to define boundaries and take control of this and yet I do not...hmmmm...”

# 14% of you wanted more financial security and freedom

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- ▶ “More income, work less.”
- ▶ “Book Sales!”
- ▶ “Become independently wealthy and have the ability to focus on my goals, those things that inspire me and move away from the things that weigh me down.”
- ▶ “Financially my residual income will be greater; I will be relocated to our mountain home.”



# 12% of you wanted more focus on your relationships

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- ▶ “I wish it were easier for me to build personal communities and relationships outside work.”
- ▶ “I would like to have a committed, loving relationship.”
- ▶ “I would add a spiritual companion to share my daily life with me.”
- ▶ “I would have a loving partner to share life with.”

## 12% of you want to be more passionate about what you do in your life

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- ▶ I would know my 'passion' and be able to live that 'passion'.
- ▶ Quit my job and do something I am more passionate about!
- ▶ Do work that I am passionate about: great work for great pay!
- ▶ To know what I want to be when I grow up
- ▶ The amount of hours I spend working on things that I am not passionate about.
- ▶ I would be married to my soulmate and I would be a successful sports psychologist making a positive difference in people's lives every day
- ▶ Leave corporate life.

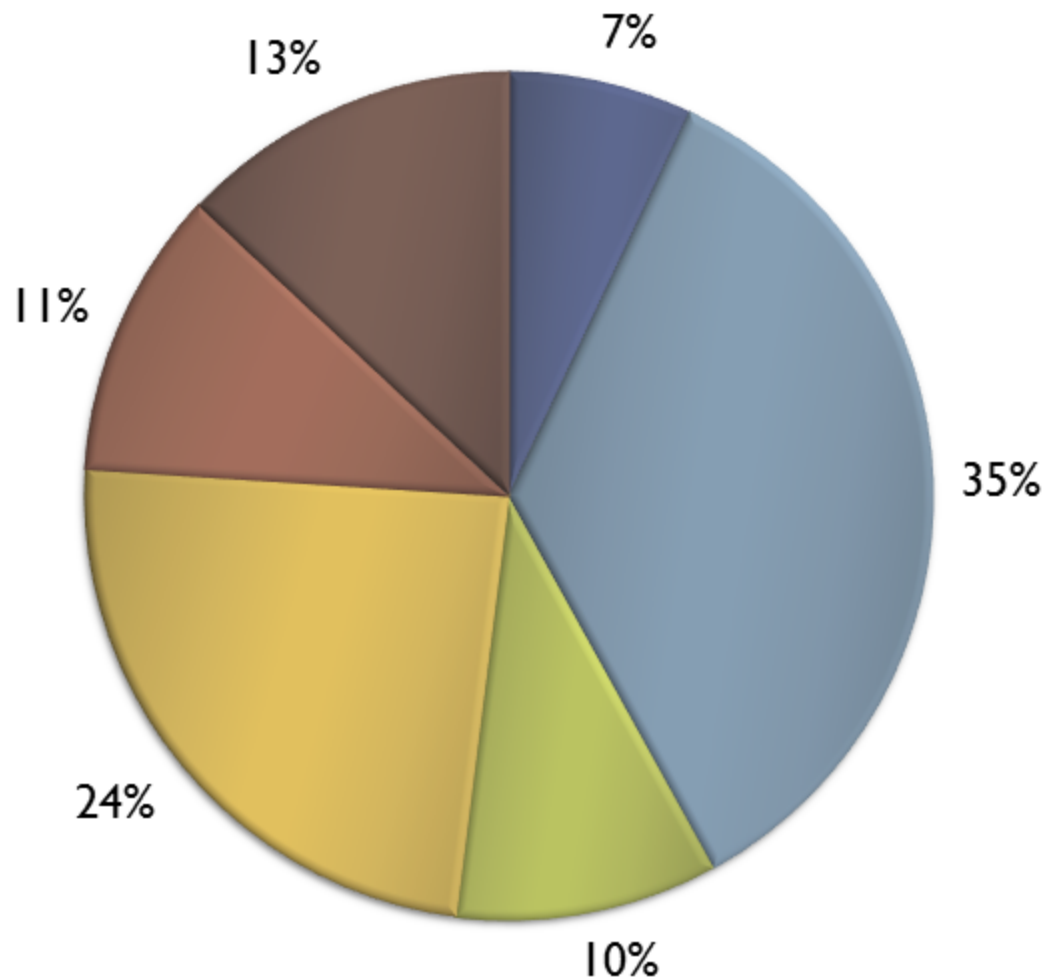
## 10% would like to change your (or your family's) health

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- ▶ “I'd heal faster from cancer and would help prevent anyone else going through this.”
- ▶ “To get my youthful bounce back body without the aches and pains of age”
- ▶ “Become more physically fit and active.”
- ▶ “Loose “XX” pounds!”
- ▶ “The health of my children.”
- ▶ “Increased energy level.”

# When it comes to thinking about Your Next Chapter, which of the following statements best reflects where you are today



- I'm exactly where I want to be - there is nothing I want to change in the future.
- I know exactly where I want to go next and have started steps toward manifesting my "Next Chapter."
- I know exactly where I want to go next, although I don't know how to get there.
- I know I need to do something different, I just don't know what it is or how to even think about it.
- I feel really stuck and don't see a way to get there.
- I'm going too fast to even be thinking about this!











# An Added Bonus! Comments of Gratitude from Survey Participants

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- ▶ Very interesting! I learned some things just by going through the survey.
  - ▶ Great survey and perfect timing for me personally. Thank you for allowing me to speak my intentions.
  - ▶ Thank you for the opportunity to reflect. Best wishes to you.
  - ▶ Thanks for asking!
  - ▶ Thank you, Kami, for what you bring to the world! I hope to meet you someday when I get back to Denver.
  - ▶ Thanks for doing this wonderful project! I love that you are truly helping women discover what their full potential is!
  - ▶ I am already on your mailing list. Also I loved your energy when meeting you at the event a couple weeks ago and would love to chat some time. Thanks!!
  - ▶ Your timing for this survey is perfect for me – I've realized it is time to move in a different direction, but I am unsure where to go or how to get there.
  - ▶ I would love to learn more from other executive women, especially those who are a little further down this path that are willing to share their experiences.
  - ▶ Thank you for being interested in this topic!
  - ▶ I would love to learn the results of this survey. Thanks.
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# Are You Ready to Launch Your Next Chapter?

**Coaching with Kami Katherine Guildner:** Aligning your passions. Living with intent. I will help you uncover your own brilliance and ignite the fire to make your dreams a reality.

You've worked hard. You're successful. Yet something inside is beginning to shift. You're starting to think about what's next in your life. You're wondering if there's not something different for you out there. You just don't know what it is or where to start! Maybe you feel stuck. Or perhaps, you're moving so fast that these thoughts never make it to the surface!

These are sentiments I often hear from professional men and women around the world! And it's just these kinds of circumstances that change – the moment you start asking the question – “What does my next chapter look like?”

I'd love to help you reconnect to your deepest self, rediscover your true essence and purpose – and then set your sails in new directions aligned to your passions, dreams and hopes. I understand the joy this brings. I too, made this course adjustment – from a 20+ year executive career to living my life of making a difference in the lives of others.

My tried and true approach to helping professionals create the change they want in their lives can jump start your Next Chapter! Check out a few of my coaching client success stories!

[Executive Hurdles Over M&A Bump In the Road](#)

[From High Tech to Health – Shifting Sands Shifting Paradigm](#)

[A Journey Back to Her Roots Launches a New Chapter in Life](#)

[A Seasoned Veteran Comes Full Circle](#)

**Want to get a feel for my coaching style and approach? I offer a limited number of Complimentary Consultations each month. Sign up [online](#) today or call me at 303-670-7244.**

Make this investment in **you** today. And **create the future you're supposed to live**. One aligned to your purpose. One aligned to the authentic you.



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