





January 2021

From the Desk of Bill Coppel

Wishing you and yours a very happy - and healthy - New Year

When I was a kid, I haunted our local library. I loved that the library held information and insights on every imaginable subject. And the librarian always knew where I could find the best items. Today, the internet provides us with access to just about every available piece of information and insight. We've developed *The Next Frontier Digest* to be your "librarian" or rather, to be your guide to content that is interesting, insightful and informative. In the Digest, each month you'll find a recap of our own well-being content along with a sampling of content from other thought leaders that we think you will enjoy. No library card required.

Be Well,

Bill

P.S. Look for *TNF Digest* in your e-mail inbox once a month. Forward to others you think would enjoy the content. Or, hit "unsubscribe" at the bottom of this message if you'd rather not hear from us.

William Coppel | Chief Client Growth Officer
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THINGS WE LIKE

Caregiving in a Time of Change

Social distancing, increased health risks, and loss of access to health care resources are just a few of the issues that have combined to make a tough job even tougher for America's 53 million caregivers. Hear an informative discussion on the current state of caregiving and what changes need to be made to help caregivers. **To Listen to the call replay, dial 855-859-2056 and enter code 3297922**

How the Coronavirus Crisis Threatens to Set Back Women's Careers

A comprehensive new study by McKinsey and Lean In suggests that many women "especially mothers" may have to step back or away from jobs because of the pandemic's impact on their lives.

Read the full Article >

Did you miss our **Guiding Clients Through the Perfect Storm** webcast? One could argue that we're currently experiencing the biggest change in American society since

the aftermath of WWII. The "perfect storm" of Covid-19, social activism and the Presidential election is causing unprecedented disruption, change and uncertainty. Challenging the foundation of our sense of well-being.

<u>Listen to the Webcast ></u>

We are sharing one of our favorite podcast episodes from 2020...our discussion with Dr. Tim Bono titled, **Simple Secrets to Smart Living and Well-Being.** Dr. Bono - Washington University's "happiness professor" joined us to discuss what we can learn from science about moving through difficult times. aka 2020.

Listen to the Podcast >



THE NEXT FRONTIER PODCAST



Chip Conley: Rewire, Don't Retire

What does the word "elder" conjure up for you? A vision of retirement and relaxation? Best-selling author Chip Conley has a vision for the "Modern Elder".

<u>Listen to the Podcast ></u>



Marc Spilker and John Peluso: Perspectives on the Evolving Advice Business

Digital advancements are reshaping our expectations as clients while also presenting new opportunities for financial advisors. In this episode, you'll hear perspectives on key trends unfolding in the wealth management space.

<u>Listen to the Podcast ></u>



Mindy Diamond: Navigating Choice to Build Your "Best Business Life"

Increasingly sophisticated financial services technology is creating new opportunities and putting more choice into the hands of individual advisors. In this episode, you'll hear how advisors can navigate these choices in a way that helps position them and their clients to thrive.

<u>Listen to the Podcast ></u>



WEBCAST



Don't Miss our Next Webcast:

January 27, 2021, 3:15pm CT/4:15pm ET

Register now for our upcoming webcast with 5-time TED Talk sound expert Julian Treasure - How to Speak so that People Want to Listen. Building on the secrets that more than 71 million people have viewed in his TED Talks, Julian will demonstrate the how-to's of powerful speaking with a special focus on virtual communication. Register Here>

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