

# Andrea Maizes

## Media Kit



## Andrea Maizes

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### **Bio:**

Andrea Maizes is an executive transition coach, former Chief Human Resources Officer, and author of *Your Next Edit*. After more than 30 years leading global HR organizations, she now helps high-achieving professionals navigate one of life's most underestimated transitions: life after major success.

Andrea works with founders, CEOs, and senior leaders navigating retirement, reinvention, and leadership transitions — with a focus on the identity and purpose shifts traditional planning often overlooks.

She is the author of *Your Next Edit*, a practical guide to designing meaningful next chapters, and the creator of The Next Edit newsletter. Her work has been featured in CEOWORLD Magazine and on podcasts focused on leadership transitions, reinvention, and life after success.

Andrea brings a rare combination of executive experience and deeply human insight to conversations about identity, achievement, and what comes next.

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## Short Bio

Andrea Maizes is an executive transition coach and former Chief Human Resources Officer with more than 30 years of experience leading global organizations. Today she helps high-achieving professionals navigate one of life's most underestimated transitions — life after the title.

She is the author of *Your Next Edit* and creator of The Next Edit newsletter, where she writes about identity, reinvention, and designing the next chapter after high achievement. Andrea works with founders, CEOs, and senior leaders navigating retirement, reinvention, and major life transitions.

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## Topics

### 1. Why High Achievers Struggle in Retirement

- The identity loss nobody prepares for
- Why success makes transitions harder, not easier
- The gap between financial readiness and life readiness

**Best for:** retirement, leadership, psychology podcasts

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### 2. Burnout vs. Retirement: How to Tell the Difference

- Why so many executives misdiagnose burnout as readiness
- The risk of making permanent decisions from temporary depletion
- A practical lens for knowing whether to exit, pause, or reinvent

**Best for:** leadership, women in business, career pivot shows

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### 3. Designing Your Next Edit

- Moving from ladder thinking to portfolio thinking
- The Stop / Start / Continue framework for reinvention
- Building purpose without pressure

**Best for:** reinvention, midlife, personal growth audiences

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#### **4. The Midlife Blind Spot: Outer Transformation vs Inner Reinvention**

- Why midlife conversations focus heavily on appearance but ignore identity
- The emotional disconnect between looking great and feeling unmoored
- How to align external reinvention with internal reinvention

**Best for:** beauty, longevity, wellness, women 45+ podcasts

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#### **Book**

**“Your Next Edit” :30 Thought-Provoking Exercises to Build the Retirement of Your Dreams. Find it [HERE](#)**

**Retirement isn’t the end. It’s an edit.**

After more than 30 years in executive leadership, Andrea Maizes discovered what many high achievers eventually face: success prepares you to climb the ladder, but not to transition and land when you jump off.

Her book, ***Your Next Edit***, helps accomplished professionals navigate life after the title — with practical tools to rethink identity, structure, and purpose in the next chapter.

Instead of treating retirement as an ending, Andrea reframes it as an intentional redesign: Keep what works. Let go of what doesn’t. Build what’s next.

#### **Article:**

CEO Magazine: Bridge Coaching: A game changer for leadership transitions. Find it [HERE](#)

#### **Podcasts**

***Prepare4Growth - The Retirement Reality Check***

**Topic: Rethinking retirement beyond the financial plan**

In this conversation with Andrea Maizes ACC, a Certified Professional Retirement Coach,

Certified Executive and Career Coach, we have candid, honest and vulnerable discussions about transitioning into retirement phase of life and discuss "5 Things You Can Do Now to Make Your Next Chapter Your Best Chapter."

(Because hope is not a plan....even in retirement).

Listen [HERE](#) on Spotify:

### ***Something Personal* – Retirement & The Messy Middle**

#### **Topic: Retirement, Reinvention, and Life After Success**

Executive and retirement coach Andrea Maizes prevents people from making terrible mistakes. Business founders, CEOs and executives may simply trust that they will figure out retirement when it arrives, but life's transitions can easily blindside even the most capable among us. Andrea sat down with Eric Meermann, CFP®, CVA, EA and Paul Jacobs, CFP®, EA to talk about when someone is ready for retirement, the ways that modern retirement looks different from the cliched image many hold, and what to do if someone arrives in retirement only to discover that it isn't what they thought it would be. Find out how Andrea helps her clients define retirement success and the steps she can help them can take to achieve it.

Listen [HERE](#) on YouTube: