

Short Bios:

Gail M. McDonald and Marilyn L. Bushey are executive coaches who have helped thousands of leaders make significant improvements in their ability to lead, build relationships, deliver results, and enhance their sense of self-fulfillment at work. In *Retirement Your Way*, Gail and Marilyn turn their attention from the world of work to the world of retirement. There, they apply their expertise and innovative thinking to help their readers make changes and build lives of contribution, vitality, and joy throughout their retirement years.

Long Bios:

Gail McDonald

Gail McDonald is President of Transition Resources, Inc., where she specializes in executive coaching, team coaching, and meeting facilitation. She has worked with such organizations as Bell Helicopter, BNSF Railway, Business Roundtable, Celanese, FedEx Office, Grant Thornton, Honeywell, HSBC North America, McAfee, JPMorgan Chase, Lockheed Martin, McKesson, Microsoft, Perot Systems, Raytheon, Union Pacific, United Technologies, and the U.S. Chamber Institute for Legal Reform. As an executive coach, Gail helps strong leaders and their teams shift out of their comfort zones and move to the next level of performance and success.

Prior to forming her own company, Gail worked in four corporations, including Ryder System, Inc. where she served in two Senior Vice President roles. She also served for five years as the chair of the Coordinating Committee on Health and Retirement for Business Roundtable, a Washington-based association composed of 200 CEOs of large corporations.

She is a member of the Board of Directors for the United Way of Metropolitan Dallas (UWMD) and for the Children's Medical Center Foundation of Dallas.

Gail is a graduate and program coach of Coaching Excellence in Organizations (CEO), and she holds several professional certifications, including Professional Certified Coach (PCC) from the International Coach Federation; Conversational Intelligence Enhanced Skills Coach; HeartMath® Certified Coach, and Kolbe Certified™ Consultant.

Gail and her husband, Jeff, live in Dallas, Texas with their dog, Brisby. They spend their free time taking long walks, traveling, playing bridge, and spending as much time as possible with their family, including their daughters and sons-in-law, Lindsey, Jaime, Nick, and JR, plus their four precious grandchildren, Logan, Amelia, Taylor, and Will.

Marilyn L. Bushey

Marilyn Bushey is CEO and Chief Learning Officer of PowerPAC, Inc., and is an executive coach, facilitator, and leadership consultant. Her clients have included Bank of America, the Ben E. Keith Company, Citicorp, Frito Lay, Humana, Louisiana Tech University, Merrill Lynch, North Lake College, PepsiCo, Society of Human Resources Management (SHRM), State Farm, Texas Instruments, University of Texas Southwestern Medical Center, UBS, and Verizon.

Marilyn is a serial entrepreneur and has owned or been an owner in three businesses —The Temporary File, Growing by Design, and PowerPAC, Inc. She has a certificate in executive coaching from Transition Resources, Inc. and is certified in the Collaborative Operating System, Conversational Intelligence Enhanced Skills Coach, Voices 360 Assessment, Crucial Conversations, and various other organizational assessments such as DiSC© and 5 Dynamics.

A former national board member of the National Association of Women Business Owners (NAWBO), Marilyn was awarded the first Lifetime Achievement Award given by the organization. She is a past executive board member of the Irving Chamber of Commerce, the Irving Unit of the American Cancer Society, and the Irving Schools Foundation and currently serves on the Board of the DFW Humane Society. She has been honored by the City of Irving, Texas as a High Spirited Citizen for her outstanding contributions to the community.

Marilyn enjoys a busy social life along with being an avid volunteer, reader, movie buff, and yoga devotee. She lives in Lake Dallas, Texas on the banks of Lake Lewisville with her husband, Brian, and their two cats, Golden and Diva.