



### Life after Work: Pre-Retirement Life Planning

Workshop Duration: 2 Days

Facilitation in English

#### Workshop Description

Many retirement transitions are not as satisfying and fulfilling for the simple reason that preparation was focused more on the financial aspects of retirement with little or no regard on how to make this important life change meaningful and deal with the potential challenges of retirement. A conclusion from an American think tank organization, The National Endowment for Financial Education, showed that the picture of retirement is changing dramatically in that it is becoming more about personal issues than about financial aspects. "Baby boomers are looking for a meaningful role in their later adulthood. Money is important to them, but so is the quality of life in their retirement."

While considering the financial aspects of retirement is important, addressing the emotional, physical and psychological realities and integrating them into a balanced plan, is the key to a successful and meaningful retirement.

#### Course Objective

- Recognize how you deal with change and learn ways to handle change effectively.
- Recognize your current work identity and determine how this will fit into your retirement identity.
- Establish your new life vision by identifying dreams, goals and planned activities.
- Create your plan – your new life structure (with inbuilt flexibility).
- Establish how you are currently spending your time and what adjustments you would like to make to create a more balanced pace.
- Learn how to keep yourself connected to your community and the world around you.
- Identify your current social support network. Identify if or how that support network may change in retirement and how to manage that change.
- Establish ways to deal with issues that may accompany retirement, for example, care giving to elderly parents or a spouse, ongoing responsibilities for children and adjusting plans due to possible changes in financial status and health.
- Feel more confident about the next stage in your life.



#### Topics include:

- New realities of retirement and retirement myths
- Looking at how meaningful work can be incorporated into retirement
- Keeping connected to the world around you
- What is important to you in your career?
- Think outside of the box with respect to your desired life course
- Rules for engagement: Create your life plan/vision
- Meaningful transition into retirement
- Find balance: Where do you want to spend your time?
- Integrate finances into life planning: Develop an income plan