

The Next Step: Preparing for Retirement

This programme promotes a realistic and positive approach to the opportunities presented by retirement. For those planning for or approaching retirement it is vital to prepare for this next stage of life, understanding what will change and how to cope with the impact of less money and more time. Preparing for the mental and social gap left by work is an important part of developing a positive view of the future. Delegates will be given the insight and skill to build a pro-active approach to continued well-being, and will acquire an understanding of the many ways in which career skills can be used both to satisfy life ambitions and develop future work opportunities.

Key features

- What will retirement mean for you?
- Planning for lifestyle changes and career transition
- Financial planning options – income, savings and investments
- A look at tax and benefits
- Wellbeing in retirement
- An active and interesting retirement
- Developing existing and new interests
- Working in retirement
- Marketing your skills as a retiree
- Opportunities for retirees

Sample programme

10.00 Introductions and Welcome

What will retirement mean for you?

- Retirement priorities

Pensions Overview and Options

- Different pension scheme

Refreshments

Looking at Income Options

- Decide when you want to stop working
- Tax

Lunch

Wellbeing in retirement

- A healthy mindset
- A fulfilling retirement

Working in retirement

- Marketing yourself
- Attacking the Marketing
- Manage your online presence

Refreshments

Portfolio Careers

- Working for a charity/Teaching

- NED
- Running an Own Business

Review of the day

17:00 Close