

Preparation for Retirement

1 Day

BGPR

OVERVIEW

This course is about facilitating the transition from the current professional activities into retirement by raising awareness of the change, loss and creativity which underline any transition in life. It is also about introducing strategies and tools to make retirement a joyful, rich and satisfying experience.

DESIGNED FOR

All staff to be retired in the near future.

LEARNING OUTCOMES

By the end of this course participants will be able to:

- Enhance reflection and ideas on psychological impact of the transition from employment to retirement.
- Look forward to retirement as a new life with serenity.
- Think positively on their role in society after retirement.

TOPICS COVERED

Looking Forward to Retirement

- Your current roles
- Phases of retirement
- Family relationships
- Your physical health
- Psychological well-being in retirement
- Leisure time
- Goals and aspirations
- Working in retirement
- Creating a life-style that works for you
- The social side of retirement
- Dealing with anxieties

How to Prepare for Retirement

- Phase 1: Evaluating the importance of work, Structuring your time, Social Interactions, Identity and status, Life's objectives
- Phase 2: Defining new Life Objectives, Method for managing a Life Project

Critical Success Factors

- Evaluate your balance Individualism - Intimacy
- Understanding your psychology towards money
- Health and stress management
- Assess the impact of friendship

EXTRA NOTES

An equivalent course is available in Arabic and French. Please call us for details.