

Life Planning for Retirement

In this two-day workshop, you will learn how to do all this and more:

- Understand the new realities of retirement: Retirement is no longer one way of thinking about one way of living. I will show you how to define your own retirement that makes sense for you.
- Managing change: This next chapter in your life will be full of change. Rather than worry about the many changes, meet them head on and embrace them. I will show you how to prepare for the change you may experience by developing realistic strategies.
- Determine the importance of your work identity: Though you may be excited to retire, you may worry about leaving a predictable work structure and a comfortable social network. I will show you how to ensure those aspects of work that are important to you, continue into your retirement.
- Develop your self-identity: What you do will now be replaced with who you are. This may be difficult for some to describe as their work has been their life. I will show you how to expand and develop your identity so you do not rely on your work to describe you.
- Create a meaningful lifestyle: Doing what you love gives you energy and a positive outlook on life. I will show you how to uncover those activities that you used to do and develop new ones so you engage in a life with meaning and purpose.
- Build a positive social network: As you spend less time at work, family and friends become more critical in staying connected and having a strong support network. I will show you how to strengthen and build your relationships and ways to develop new friends so you feel comfortable in your transition to retirement.
- Create your life plan: A plan gives you focus, reduces stress and gets you excited for this next phase in your life. I will show you how to put all of the pieces together so you can walk away feeling good, confident, ready and energized.