

PRE-RETIREMENT PLANNING

AVAILABLE FOR OFFLINE & ONLINE

OVERVIEW

This training workshop addresses:

- Analytical Thinking
- Change Management
- Creative Thinking
- Innovation / Initiative
- Relationship / Network Building
- Self Confidence / Self Esteem

OBJECTIVE

- Better understanding of the changes that will affect you and how to best manage them
- See the value in 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
- 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, and if or how that support network may change in retirement and how to manage that change



If you have any enquiries,
please call us at
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