



# Retirement - Live the Life You Want

## Transition to Retirement

**Retirement is a goal many people look forward to throughout their career-life but how do you know you are ready? Can you afford it? What will your life look like if you make the leap? All too often we spend our lives focused on working, but don't take the chance to pause, contemplate and plan for this equally important part of our career-life.**

Retirement preparation is much more than just financial readiness - it's also the all important psychological preparation and lifestyle planning we need to make sure we live a satisfying life when we no longer have to get up and go to work each day.

Our transition to retirement coaching, workshops and resources are designed to help individuals considering retirement to contemplate and plan for this important phase of our career lives to ensure readiness and enjoyment.





## The New Retirement

The modern retirement landscape is very different to what retirement used to look like. Today, extended working lives and encore careers are increasingly common as people look to redefine retirement and reshape their lives to better balance their work and leisure.

Our Transition to Retirement workshop is specifically designed to give people all the tools and support necessary to assess, plan and navigate the complexities of retirement to ensure a happy and rewarding new phase of life.

### **We will assist you to:**

- Contemplate what you want for the next phase of your life;
- Build your awareness of potential options moving forward;
- Audit your current career-life needs and requirements;
- Consider your vision for the future and identify your goals;
- Assess important considerations for retirement and whole life planning;
- Identify and apply important resources that can improve your retirement planning and management outcomes;
- Develop a retirement plan of action to achieve these goals.

Retirement doesn't need to be the end of our career story, just the writing of a new chapter, and planned well can lead to a life that satisfies us and contributes to our ultimate well-being

## **PROGRAM OPTIONS**

### **One-to-one Coaching**

Through personalised coaching with our experienced career transition team, we work with each individual to develop a plan for moving forward that aligns with their unique needs, goals and priorities for retirement and the future.

Armed with a comprehensive workbook each session includes a range of practical exercises, assessment tools and targeted questioning designed to help participants move through essential considerations and planning steps.

### **1/2 or Full Day Workshop**

Intensive workshops aimed at helping attendees assess their readiness for retirement and design a plan for moving forward that aligns with their unique needs, goals and priorities for the future.

Each attendee will be given a 40-page comprehensive workbook with a range of practical exercises and assessment tools.



## To Find Out More

Talk to us today about how we can support your employees with this important phase of their career.

**Ph:** 1300 061 009 or

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