

Successful Transition to Retirement

This workshop optimistically examines retirees' options, helps them to determine what they want in retirement and how to go about achieving their goals.

Learning outcomes and course content

- Analyse current work/life situation
- Understand the losses and fears of retirement
- Explore their optimal work/non-work options. How to design your next 30 years.
- Write a covering letter and resume for volunteer work
- Design a successful retirement plan
- Importance of health and wellbeing in retirement
- Budgeting and discounts are available
- Being assertive and saying 'no' effectively to maintain time boundaries
- Plan transition and set goals



Key details

Duration: Half day

Recommended audience:
Employees contemplating retirement or reduced work hours

Maximum Participants: 15

NSW Capability Framework Alignment



"The information they presented was relevant and well researched, covered many topics and left everyone feeling positive about their future."

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