

## The Next Step: Preparing for Retirement (Online)

Retirement is a time for positive changes and new opportunities. However, in reality, some people find it difficult to adjust to their new lifestyle of more free time and less money. It comes as a surprise to many that they miss the daily structure and mental challenge that work gave them, not to mention the social aspect of working with others.

This course on 'The Next Step: Preparing for Retirement' promotes a realistic and positive approach to the opportunities presented by retirement. Delegates will be given the insight and skills needed to build a pro-active approach to continued well-being, be provided with a retirement “check list” and will acquire an understanding of the many ways in which career skills can be used to satisfy life ambitions and develop future work opportunities.

The Next Step: Preparing for Retirement is an online course within our [Professional Development Skills](#) series. At the [Civil Service College](#), we tailor our courses to each attendee’s role and organisations, ensuring that each delegate gets the most out of the training. Our courses and trainers are continuously updated and evaluated to ensure that we are always delivering the best service possible.

### Key features

- What will retirement mean for you?
- Planning for lifestyle changes and career transition
- Financial planning options – income, savings and investments
- A look at tax and benefits
- Wellbeing in retirement

- An active and interesting retirement
- Developing existing and new interests
- Working in retirement
- Marketing your skills as a retiree
- Opportunities for retirees

## Sample programme

### 10.00 Introductions and Welcome

#### What will retirement mean for you?

- Retirement priorities

#### Pensions Overview and Options

- Different pension scheme

Refreshments

#### Looking at Income Options

- Decide when you want to stop working
- Tax

Lunch

#### Wellbeing in retirement

- A healthy mindset
- A fulfilling retirement

#### Working in retirement

- Marketing yourself
- Attacking the Marketing
- Manage your online presence

Refreshments

#### Portfolio Careers

- Working for a charity/Teaching
- NED
- Running an Own Business

**Review of the day**

**17:00**

**Close**