

# career transition active retirement.

Grow your knowledge with us

**Length of course:** 1 day

## Summary

This workshop will provide employees with all of the key information, tools and techniques to successfully prepare and implement a plan for active retirement.

## Aimed at

Employees currently considering retirement.

## Outcomes

**By the end of the course employees will be able to:**

- Explore whether active retirement can be considered and how to make the change at this time of their life
- Learn how to adjust to the change of lifestyle and make best use of time
- Consider a healthier lifestyle and the impact this has on energy and motivation levels
- Understand the next steps and where to receive further guidance and regulated financial advice
- Prepare and implement their own job search to explore employment or voluntary opportunities