



RETIREMENT PLANNING SEMINAR

This event is designed to assist people to prepare for the changes that take place at retirement and to explore the opportunities that this change in lifestyle makes available.

Aims -

- To explore and discuss important aspects of retirement planning to ensure that life after giving up full time employment is enjoyable and rewarding.

Objectives -

The event will enable delegates to have a good understanding of:

- How to use time well – the challenges and opportunities of retirement
- Psychological pressures
- Health in retirement
- Opportunities for part-time work and consultancy
- Hobbies, interests, volunteering and travel
- Wills and other legal issues such as inheritance tax and protecting assets
- Support networks available for retired people

Content -

- What are you going to do with your time?
- Thinking through all implications of retiring from work
- Legal advice on inheritance tax planning
- Budgeting for a comfortable life
- Benefits information
- Age concern – what do they do?
- Keeping fit and healthy and local opportunities
- Questions and answers session

Workshop ethos and comfort factors ☺

- The session will start and finish on time with the appropriate comfort breaks.
- Delegates should wear comfortable casual attire.
- All delegates should come prepared to take part in the activities and be assured that their contribution will be valued.
- Refreshments will be provided.

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