

Exploring Retirement Programme Description

An opportunity to explore your current situation regarding planning and wellbeing in retirement. You can identify what further action you may wish to take to prepare for a fulfilling retirement. It will contribute to informed, realistic financial planning and clarifying your vision for retirement.

Content of the Exploration

This exploration includes:

Your current situation regarding work and retirement circumstances

How you think and feel about work and retirement

Your readiness for retirement including:

- short and long-term planning
- leaving work
- the role of relationships
- a sense of who you are
- your values and purpose

The adjustments involved in your retirement transition

What to do next towards achieving your ideal retirement

What will the Exploration give me?

At the end of the exploration, you will have a greater awareness of:

- Your personal preparedness for retirement
- The adjustments and challenges you may face
- What to do next for your retirement planning
- What additional support would be helpful
- How retirement coaching could support you

Giving you increased confidence in how to achieve your retirement plans

After the exploration, you will receive:

- A report summarising the areas covered
- Recommendations for your successful retirement transition
- Summary of Retirement Life Plan services

