

Navigating Retirement

Programme Description

Work through the key elements of retirement wellbeing and identify critical areas in your personal vision for retirement. Then start to address the personal challenges and adjustments needed to navigate a smooth transition to a fulfilling new lifestyle. We include a range of diagnostics, exercises and coaching to give you the tools and confidence to achieve a rewarding and successful retirement.

Positioning

- Review of your current retirement status
- Assessment of your readiness for retirement
- Reflection on your life, career path, and relationship to work
- The phases of retirement and need for a long-term vision
- Exploration of your challenges and adjustments needed in the retirement transition
- Introduction to the 4 anchors of retirement wellbeing

The 4 Anchors of Wellbeing

Who you are

- How you define your identity and the link to work/status
- Your values: The things that are important to you in life
- Your drivers which are a source of energy and motivation
- Defining what you want your identity to be in retirement

Who is involved

- Relationships – impact on work contacts and forging new ones
- Expectations of family and friends and your expectations of them
- Responsibilities (eg, caring for parents, grandchildren)
- Timing retirement with your partner

What you do

- Engaging and meaningful activity
- Paid work or unpaid volunteer work
- Lifelong learning
- Flow and challenge

How to structure it

- Managing boredom and avoiding busy-ness
- Need for structure and establishing routines
- Balancing structured and free time
- Partner adjustments



Creating Your Vision

Identify what is important to you in life and in retirement
Visualising the future

- A Narrative
- Visualisation
- A Day in Your Life
- Reflective Questions

Considering the different phases of retirement

Action Planning

What do you need to do to achieve your vision?

- What are the first steps?
- What else do you need to do?
- What resources do you have to help you?
- What further support do you need?
- Identifying measures of success

Accessing additional resources that are available

Review

- Evaluating achievement of initial goals
- Reviewing actions taken to date
- Assessing learning and outcomes
- Reviewing and updating your vision
- Producing detailed, consolidated Action Plan
- Assessing what further support might be needed

What will the coaching give me?

- ✓ An appreciation of the retirement transition and what it means for you
- ✓ A vision of your ideal retirement lifestyle
- ✓ A detailed Action Plan to support your journey of transition
- ✓ Motivation to undertake the adjustments, challenges and achieve your action plan for the future
- ✓ Confidence that you will achieve a rewarding and successful retirement
- ✓ RLP Workbook including diagnostic, exercises and an Action Plan template
- ✓ The Retirement Life Planner
- ✓ A checklist containing suggestions and options for your partner
- ✓ Summary of RLP Coaching Services with possible future options

