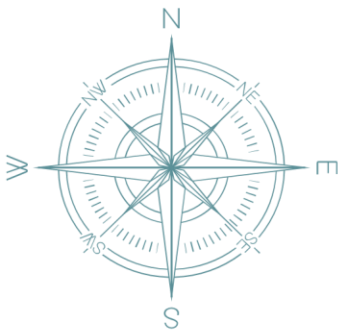


Navigating Retirement

Is this programme right for me?

Through this programme you will design and clarify your vision for retirement, explore the key anchors of retirement wellbeing, identify and begin to work through the personal adjustments required and construct your personalised action plan. It includes a complete range of diagnostic tools, exercises and coaching.

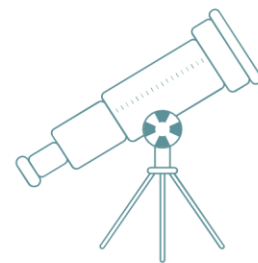


Where you might be starting out:

- Beyond financial, you are concerned that you have done very little about retirement
- You want your retirement to be at least as rewarding as your work life
- You would like to invest now to make sure you will get the most out of retirement
- You know you need to do some substantial planning
- You are looking for a thorough and personalised approach
- You feel unprepared, uncertain or apprehensive about your future
- You are highly invested in your career and now want to invest in creating a similarly fulfilling retirement

At the end of the programme:

- A full appreciation of the key components of a rewarding retirement
- Completed a full review of the key components as they relate to me
- A detailed picture of how you want retirement to be
- Assessed how ready you are to retire
- Completed a comprehensive personalised action plan
- Begun to implement your action plan, with guidance and support
- Confidence that you will have a fulfilling retirement



Is this programme right for me?

- ✓ I know retirement is on the horizon and have done little or no thinking beyond perhaps some financial planning
- ✓ I am aware this is a significant transition and I am anxious about it
- ✓ I want to design my retirement lifestyle and would like support to achieve it, with a highly personalised approach to enable me to prepare
- ✓ I could be planning to retire at a relatively young age and want a fulfilling retirement
- ✓ My retirement may not be at a timing of my choosing or may have arisen at short notice. I have a lot of uncertainty about my future
- ✓ I feel completely unprepared for retirement and may not even be feeling very positive about the prospect

