

Scoping the Future

Description

This multi-format programme includes preparatory exercises and one-to-one coaching of up to 3 hours. You will identify what is important for you, your short and long-term goals and a clear vision of what you want your retirement to be like.

Content of the Programme

Before the session

- Online questionnaire identifying your current situation, plans and ideas about retirement.
- A pre-session workbook which includes preparatory work on your values, retirement goals, career review and your current lifestyle.

Coaching session

An interactive session including activities designed to elicit your vision for a fulfilling retirement which will promote both mental and physical wellbeing.

Action Planning

You will identify key actions towards achieving your vision and the further support you may need.

What will the Programme give me?

- A detailed personal vision
- A detailed retirement action plan
- The Retirement Life Planner
- The workbook of preparatory exercises
- The workbook for the coaching session
- A summary of useful resources to help with your journey
- Options for further support from Retirement Life Plan
- Confidence and clarity about what to do next to achieve your fulfilling retirement

Is this Programme right for me?

- ✓ I am uncertain about what my retirement will be like and want to have more clarity and confidence
- ✓ I want to design a fulfilling future lifestyle and know what I need to do to achieve it
- ✓ I want to have a compelling and exciting vision of this next stage of my life

