



## Laterlife Learning - Planning Retirement Workshops

It's worth spending one day to make the most of the next 10,000!

### Purpose

The decision when to retire is a significant personal decision and these days when we retire we hopefully have some 25-30 years of active life ahead of us. It's a huge opportunity.

However the change from a work situation, to one where there is no structure and nobody telling us what to do, is one of the biggest changes of our lives. Whatever length of time we spent working and travelling to work each day, and whatever aspirations we have for retirement, filling 40-50 hours each week on top of previous leisure time, for the next 25 years, is a major challenge!

The purpose of the workshop is to encourage you to think seriously about all aspects of your retirement, or partial retirement, in a structured way and to increase your chances of enjoying and making the most of this potentially fulfilling phase of your life and avoiding some of the common pitfalls. If you haven't already decided exactly when to retire, the workshops will help you weigh up the possibilities and decide what is right for you. A recent survey showed a 19% increase in life satisfaction in retirement for those who had attended a pre-retirement workshop compared to those who hadn't.

### Workshop Overview

The Laterlife workshop is a facilitated workshop which covers all the lifestyle aspects of retirement. The key benefit is that the workshop isn't just about passing information. The exercises and discussions assist you, and if appropriate your partner, to identify what is important to you personally and to identify the actions you need to take to ensure you enjoy and make the most of your retirement. As one participant said:

*.....along with the others attending the course, I found that I was being made to **THINK** about retirement, in all of its aspects, and challenged to question many of my pre-conceived **ideas**...*

At the end of the workshop, you will have considered the significant change you will undergo when you retire and the following aspects of planning and managing your retirement:

- Which elements of your current life are important to you and how this impacts on your choices in retirement
- Your hopes and concerns for retirement and how these may be addressed
- The financial aspects of retirement, including 'pension freedom' options, lump sums, your budget and how you can make the most of living on a fixed income
- Your preferences and the things you think are important in both work and leisure
- The nature of work in retirement, whether you wish to carry on with work in any form and the options open to you
- The hobbies and pastimes you may wish to develop or take up
- The benefits and opportunities available to you in adult continuing education
- The importance of health and fitness in retirement and how you can improve your chances of staying fit and healthy
- The alternative types of holidays and travel now available and that you may wish to take advantage of
- The nature of your personal relationships in retirement and how to manage these
- The advantages and pitfalls in moving house in retirement

As a result you will have the basis for deciding when to retire, identified key elements of your retirement plan and have a framework for developing it further to ensure it meets 5 essentials of retirement.

- Staying Physically Fit
- Staying Mentally Fit
- Staying Financially Fit
- Maintaining or Increasing Social Contacts
- Enjoying retirement

Modules are supported with handouts and comprehensive lists of relevant organisations and further information sources for the various topics.

The workshops bring together Laterlife Learning's many years experience of Planning Retirement training and the huge information resource of [www.laterlife.com](http://www.laterlife.com) to support individuals in retirement. Laterlife Learning trainers are highly experienced facilitators who have been conducting pre-retirement workshops for many years. A range of facilities is also made available after the workshops.

Retirement these days is a time of opportunity and choice, so do consider spending one day to make the most of the next 10,000!

#### Examples of feedback comments from participants

- 'Tremendous value to me'
- 'Absolutely excellent. Packed with invaluable information'
- 'Most useful course I have attended in 32 years'
- 'Made me ask questions I didn't expect to ask'
- 'Opened up my mind to positives'
- 'Good insight into pitfalls'
- 'Helped us think together'
- 'Excellent. More content than I ever dreamt!!!'
- 'Now confident to retire ASAP'
- 'Enjoyed it immensely'



## Planning Later Life and Retirement

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### The Benefits of Laterlife Workshops

Since the removal of the default retirement age (DRA), the decision on if and when to retire is now in our own hands. We no longer have to retire at a certain age based purely on how old we are. However this change leaves us all with a significant new challenge: **how do we now decide when the right time is to retire?**

It's a very big personal decision and we are all different. Some of us can't wait to retire but many of us are concerned about how we will spend our time in retirement. Now, with no default retirement age, if we are even a little concerned about it, or we just aren't very good at planning ahead, it will be all too easy to drift on without making a decision and the possibility of missing the opportunity that retirement provides is considerable.

Clearly finance plays an important part in our retirement decision, and there are some key financial decisions to make, especially in a world of 'pension freedom' as a result of Government changes. However, just as challenging, if not more so, is deciding how to spend 40-50 hours additional leisure time for the next 20-25 years. This is not surprising because, even if we are able to cut down gradually, it is one of the biggest changes of our lives, going from a situation at work where we have structure and expectations of how we spend our time, to one of no structure and no expectations where we have to effectively write our own job description for the next 25 years or more!

Rather than leaving it to the last moment we should now ideally do that thinking several years before we might potentially retire so that we can understand the opportunities it presents for us personally and then make a logical decision about when to retire. A key part of this decision is understanding how we can plan to make retirement more than 'OK' and become **a really positive, fulfilling and enjoyable experience.**

What we offer you is the opportunity to think about and start planning your own retirement so that it becomes a great time for you and those close to you. We also recognise the changing nature of retirement and the increased likelihood of phased retirement and portfolio lifestyles. The emphasis is on you as an individual, rather than studying retirement in an abstract way. If you haven't already decided exactly when to retire, the workshops will help you weigh up the possibilities and decide what is right for you. We will all retire but not everyone makes the most of this stage of their life.

The latest figures show that women who reach the age of 60 should live for just over 28 years, whilst men who live to 60 should live a fraction under another 26. So you will probably have about a quarter of a century to go; it would be a shame to drift into it without thinking about it and planning it so that you make the most of this phase of your life.

We find that even those who have spent a lot of time thinking about their retirement, and may think they have it sorted, invariably find the workshop gives them a new perspective on retirement. Equally those who are concerned about retirement will find the workshop opens up possibilities they hadn't considered and will be re-assured and have plenty to look forward to as a result.

At Laterlife Learning we provide the most comprehensive approach to retirement available in the UK which results in comments and feedback that are second to none.

### 'After the event' facilities

We also provide an extensive range of free 'Managing Retirement' facilities, including

- on-going Q&A support - should participants have further questions after the event they can contact the course tutors
- access to our online Planning Retirement facility which assists attendees to further refine their thinking and planning
- access to the [www.laterlife.com](http://www.laterlife.com) web site and associated newsletters
- the option of attending a Retirement Experience workshop (at a nominal charge) after 6 or 12 months of retirement
- our series of online guides - there are currently 24 guides with topics such as Guide to Concessions and Discounts, Guide to Forming Friendships, Guide to Staying Fit and Healthy, Guide to Caring for Elderly Parents, plus a variety of other useful topics all of which are particularly valuable in retirement. We continuously try to add further to what we offer.

**The events themselves are highly enjoyable;** invariably the mood at the end of the day is one of having had a thoroughly good time, as well as having gained a great deal of value.

The workshop is just one step, but a very important one, in the transition between work and retirement, so that you can look forward with confidence and enthusiasm to the rest of your life.

We have a good chance of being retired for about 10,000 days. It's worth 1 day to see how we can make the most of those 10,000.

### About Laterlife

Laterlife Learning specialises in retirement planning training, providing the UK's largest open workshop programme at 45 locations around the UK as well as running in-house workshops for clients. Over 1000 Public and Private sector organisations use Laterlife planning retirement workshops.

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