



Course Outline

Course Name: A Total Approach to Retirement

Course Length: 8 hours

Overview:

This workshop is designed to provide individuals with a total and balanced approach to retirement/life transition. A “Total Approach to Retirement” gives individuals and couples the hope, the vision and the tools they need to take charge of creating the life they want in retirement.

Objectives:

- Learn how to shift your thinking with respect to retirement (the importance of basing your self-worth on **who you are**, and not on **what you do**)
- Learn how to create strong and positive mental health for yourself
- Learn some powerful and relevant goal-setting techniques
- Learn the importance of spouses setting goals for retirement together
- Learn the importance of balance in your retirement years
- Identify some goals in the various areas of your life, such as: Finance, Recreation, Volunteerism, Travel, Nutrition, Exercise, Part-time studies, etc.

Delivery Methods: lecture, video instruction, analysis and discussions, role-plays, reflective time/written assignments

Participant Responsibilities: participation in the workshop discussion and practice exercises

Learning Resources: Facilitator will provide handouts and tools.

Learning Outcomes: Upon successful completion of this program, participants will have some practical tools and techniques for effectively planning and implementing their goals for retirement.