



time-to-retire.online

RETIREMENT WELLNESS PLAN



ABOUT THE PROGRAM

Facilitated by professionals, you will increase your preparedness for important transitions when retiring. Each module is full of information and engaging exercises that deepen meaning and insight.

THIS PROGRAM IS FOR YOU IF...

- You are thinking of retiring and want to explore and plan options available to you
- You are about to retire, or are recently retired, and want to develop new habits
- You have been retired for a few years and you are seeking to enrich some of your current routines

YOU WILL WALK AWAY WITH THE FOLLOWING TAKE-OUTS

- The latest *research* on important topics
- Exercise outcomes shaping your *personal response* to key transitions
- A *retirement wellness plan* that summarises critical actions for a new future
- Small group collaboration and peer learning

WHAT YOU WILL EXPERIENCE ON THIS PROGRAM

MODULE 1– WHAT I VALUE

- Personal value alignment, priority clarity, and spiritual frameworks.

MODULE 2– MY MENTAL HEALTH

- Work versus personal identity, positive psychology, and perception reframing.

MODULE 3– PHYSICAL FITNESS

- Health consciousness, exercise, nutrition, and warning signs.

MODULE 4– SOCIAL CONNECTION

- Staying connected, who, and how.

MODULE 5– MANAGING MONEY

- Budgeting, financial planner selection, extra income, and wills.

HOW YOUR EXPERIENCE IS STRUCTURED

Five 2-hour on-line small group sessions, facilitated weekly, and one 1-hour personal retirement wellness plan coaching session.

TECHNICAL REQUIREMENTS

Zoom mobile or desktop, Adobe PDF Reader, and MS Word or Google Docs.

You can register for by clicking on the link-

[**Program Registration**](#)

You can enquire about more information by clicking on the following link-

[**Program Enquiries**](#)