

Time to reflect

Over 65 Pre-Retirement Programme



“A memorable time of quality reflection to assist in the transition into retirement”.

The programme is held over two days at a quality Lake District hotel operated by English Lakes Hotels and is run by Onesimus in association with Sports Publishing.

“Over 65” Pre-Retirement Programme

Aims

The ethos of the programme is twofold:-

1. To create the space for delegates to reflect on this key life transition
2. To reward and recognise the contribution these individuals have made to their organisation

To enable delegates:-

- to explore the fundamental questions of retirement
- to clarify aspirations and goals for retirement
- to establish core principles for a healthy and positive retirement

The programme utilises a blend of exercises, small group and plenary discussions, time for individual reflection, supporting theories and technical inputs and social activities. Typically, a group will consist of just six delegates to ensure maximum benefit.

All timings are approximate and are for guidance only.

1st Evening

16:00 Delegates arrive at the Lake District hotel. Afternoon tea and general introductions.

19:00 Dinner

20:30 **Inspirational Object Exercise**

In an informal after dinner setting delegates share stories attached to an object, that they have been asked to bring with them, that have some specific emotional or life meaning context.

This exercise starts the process of eliciting core values and drivers and accelerates the process of group bonding providing the foundation for further group sharing and exploration over the programme.

Day One

- 9:00 **Programme Positioning**
- Position key outcomes of the programme (see aims above) and the programme schedule
 - Position the 'retirement issues iceberg' highlighting the difference between immediate tactical concerns and fundamental underpinning questions
 - Introduce the 'retirement change curve'
 - Exploring the concept of internal alignment and the integral part this plays in a healthy and fulfilling retirement
- 09:45 **Retirement Aspirations and Goals**
Using the 'well formed outcomes' question framework delegates will create a first draft of what they want from their retirement.
- 11:00 Coffee
- 11:15 **Core values and drivers**
Using a variety of creative techniques delegates will explore and identify fundamental drivers and personal values. These provide the cornerstone for future retirement plans.
- 12:45 Lunch
- 13:45 **Social Activities**
Delegates will be able to choose from a range of social activities e.g.
- An afternoon ramble
 - Lake cruise
 - Clay Pigeon Shooting
 - Visiting local a Lake District sight or attraction
- The aims of this session are to allow a time for delegates to enjoy their Lake District surroundings and to informally continue the process of exploring and reflecting on the fundamental questions of retirement.
- 16:45 Tea
- 17:00 **Health and well-being in retirement**
Interactive session exploring issues of diet, exercise and physical well being in later life.
- 18:00 Free time
- 19:30 Dinner

Day 2

- 9:00 **Small group reflection**
Working in small groups individuals share and explore, with the help of their fellow delegates, reflections on where their thinking is now on the fundamental retirement questions:-
- What is important to me?
 - What are aspirations and goals?
 - What are my fears and concerns?
- 10:30 Coffee
- 10:45 **Financing my retirement**
Interactive session exploring the key financial questions and options in retirement.
- 11:45 **Establishing the core principles for retirement**
A time of individual reflection where delegates establish the 3-4 core principles that will underpin a healthy and positive retirement.
- 12:45 Lunch
- 13:45 **Your 'retirement route map'**
Working in pairs delegates bring together their thinking from the programme in their 'retirement route map'. This includes:-
- A statement of key aspirations and goals
 - The core principles that will underpin their retirement
 - Key next steps
- 14:15 **Overcoming obstacles**
Interactive session exploring the nature of self-limiting beliefs and how to overcome these in achieving the retirement you want
- 15:15 Tea
- 15:30 **Taking a stand**
Closing group session whereby delegates affirm their retirement commitments and principles by publically stating these to the whole group.
- 16:30 Close

The programme is residential, located in one of the English Lakes hotels, in the English Lake District. This is a two-day programme with delegates arriving on the evening before the first day. The residential programme may be followed up with optional 1:1 coaching. This may be conducted either face to face or via telephone. The programme is delivered by Robert Funning and Ian Woods. For more information please email Paul Rodman at info@over65magazine.co.uk please state "Pre-retirement courses" or ring 01539 723799.