

Personal Development

# Pre-Retirement Day

## Course Details

### Price

£45.00

### Length

Full day (09:15-16:15)

## Course Overview

This Pre-Retirement Day will show you how to love later life and is designed for anyone approaching retirement.

Many people approaching retirement do so with a certain amount of apprehension. Financial concerns as well as health and wellbeing come high on the list, so this day will give you the opportunity to reflect on the factors to consider when the time comes to stop working.

Through preparation and planning, delegates will be able to look ahead with confidence and explore what the future has to offer.

## Content

**09:15-10:00** - Pension and Allowance Matters - Wayne Ogier, States of Guernsey

**10:00-10:45** - Personal Tax Considerations - Chris Cox, States of Guernsey

**10:45-11:00** - Coffee/Tea Break

**11:00-11:45** - Giving Back - Kristin Dowling, Association of Guernsey Charities

**11:45-12:30** - Mental Health and Well-Being - Lisa Ingrouille, Guernsey Mind

**12:30-13:30** - Lunch Break

**13:30-14:30** - Making your Money Work for You - Rebecca Goater, Network Insurance

**14:30-14:45** - Coffee/Tea Break

**14:45-15:45** - Keeping Healthy and Active - Anne Kinch, Health Improvement

**15:45-16:15** - u3a What We Have to Offer - Jane Pearson, u3a

## Benefits

- Increased awareness of options open to those approaching later life
- Learn about resources that will help with planning for the next stage
- Hear from local professionals in specific areas
- Opportunity to reflect on what you would like to put in place for the future

## Next Steps

If you would like to book a place on this course please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via [admin@gta.gg](mailto:admin@gta.gg) or call us on 01481 224570. If no date is scheduled for this course at the present time please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.