

Personal Development

Pre-Retirement Day

Course Details

Price

£45.00

Start date

24 March 2026

Length

Full day (09:15-16:15)

CPD Points

6.00

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.

Course 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 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.