

# NAVIGATING THE ROAD TO RETIREMENT

## SHORT PROGRAMS

### NAVIGATING THE ROAD TO RETIREMENT

Planning for retirement is about much more than money – plan today to prepare for the retirement lifestyle that you really want.

**Program date /**

Thursday 27 September 2018 – 9am to 12:30pm

**Location /** Edments Building – Level 5, 38 Gawler Place, Adelaide

**Who should attend /**

Most suited for those aged 50 and over

**Investment (Inc GST) /**

Member \$275 / Non - Member \$330

**Register online /**

[www.lgprofessionalssa.org.au/event-3019077](http://www.lgprofessionalssa.org.au/event-3019077)

**Registrations close /** Thursday 13 September 2018

**Scan code to register /**



#### Overview

Whether your retirement is coming up or is in the distant future, there are a few important things to consider to help you plan for an enjoy the retirement lifestyle you really want.

#### Fulfilment in Ageing

Developing goals and actions to realise your future through considering the following areas:

- ∴ Career and work
- ∴ Health and wellness
- ∴ Finance and insurance
- ∴ Family and relationships
- ∴ Leisure and social
- ∴ Personal development

#### Planning

Like any milestone in our lives, planning generally means that we will be more successful and achieve our goals.

People often focus on their retirement savings and income with no real plan for how they intend to manage their life, time and relationships. Fear and subsequent avoidance results in failure to plan.

#### Creating Life Options

Thinking through your options will help you to create a retirement plan that works for you. This may include pursuing your interests or part-time work, volunteering, travel, study and balancing family commitments.

#### Benefits for individuals

- ∴ Network with those in a similar position to you
- ∴ Gain clarity around the aspects of life which are most important to you
- ∴ Create a vision for your future outside of or including future work
- ∴ Identify potential roadblocks and manage them effectively
- ∴ Develop a clear action plan to help achieve fulfilment in your retirement or next stage of life
- ∴ Optional Retirement Coaching

#### Benefits for your organisation

- ∴ Complements existing Transition to Retirement Programs
- ∴ Supports employee lifecycle by assisting employees in their transition to retirement
- ∴ Assists in offering a positive and supportive transition to retirement experience for employees



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### About Local Government Professionals Australia, SA

Local Government Professionals Australia, SA is a not-for-profit member based association representing professionals working in local government in South Australia. We have the ability to link and connect people from different councils who may not otherwise form relationships or share with each other. Our high quality professional development programs and networking events are uniquely local government – reflective of the culture of the sector and sensitive to the needs of its professionals. The content of our events and programs are informed by our members and people who genuinely care about the sector. We provide a safe and supportive environment in which to grow and learn while creating opportunities to make time away from the office to work on the business or on self. We award and acknowledge achievements of excellence.

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### Developed by the sector, for the sector

All proceeds from our programs are directly reinvested to further develop the local government sector through continued support of professional networks, events and learning and development initiatives for local government professionals.



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### More Information

All program queries can be directed to **Kate Staples**, Manager Professional Development and Networks at [kate@lgprofessionalssa.org.au](mailto:kate@lgprofessionalssa.org.au) or **(08) 8291 7996**.

*This program is open to registrations from LG Professionals, SA members, council employees and employees of regional subsidiaries.*

*A cancellation policy applies. Please view at: [www.lgprofessionalssa.org.au/about-us](http://www.lgprofessionalssa.org.au/about-us)*

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### Program Facilitator

#### Rick Mason

Rick has worked extensively with people from all walks of life. He assists clients ranging from blue collar workers to those in senior and executive positions with career transitions necessitated through redundancy and/or retirement options. He also coaches and counsels privately to clients in a range of areas concerning Business Development, Career Management and Retirement Planning (or Fulfilment in Ageing) and personal issues. He uses Acceptance and Commitment Therapy techniques and resources where appropriate.

*“Rick has a history of being able to motivate and support clients, often with complex barriers, and has a track record in assisting people to implement action towards their personal and vocational goals. This readily leads to the achievement of desired outcomes often in a short timeframe.”*

CONTACT US  
to run this program  
**IN-HOUSE**