

## Helping your Client's plan for Retirement in the 21st century

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### **Biography:**

*A qualified and experienced Career Coach and Counsellor with special interest in helping mature age people transition into retirement. With a 30 year corporate background in manufacturing, culture change, quality management, human resources and marketing operations provides a well rounded understanding of the nature of work, which delivers a sense of understanding and realism for clients.*

The concept and practice of Retirement, or entering the Third Age of Life, as it is often referred to now, has changed significantly over the past decade or so.

Retirement is now seen as an extension of one's career, and is a chance for the individual to establish a lifestyle for themselves that is driven by their own needs and wants.

In order to clearly picture this future some comprehensive planning needs to take place.

This presentation will show and discuss a model that Career Practitioners might like to use to assist their clients to undertake this planning.

The model focusses on eight separate elements that should be considered to help clients build a view of their desired future Lifestyle. These Elements encompass 4 Personal Elements, (Identity, Family, Activity and Development), and 4 Structural Elements (Accommodation, Finance, Health and Estate Planning).

Together these Elements provide a rounded and comprehensive view of a possible future Lifestyle.