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011: Preparation and Beyond Retirement: Gateway to Better Life - 6.0 CEUs

CEU: 6.0 **Duration:** 15hours 18minutes **Tuition:** $5,700

Course Banner

Teachers:

- Mila Gayao (HR Specialist)
- Dr. Anthony Rodriguez (Texas Southern University)
- Nandini Gupta (PhD, Associate Professor of Finance, Kelley School of Business, Indiana University)

Course Topics:

- Beyond Retirement
- People Management
- Emotional Intelligence

Program Locations & Dates:

- Houston, TX USA: Jul 6-10
- Houston, TX USA: Oct 12-16

Program Tags:

- Retirement
- Public Service

About Course

This course helps you prepare for life after work with ease and confidence. Whether you're close to retirement or already retired, it offers practical guidance on planning your next steps, managing your time and finances, and finding new purpose. You'll explore lifestyle choices, health tips, and opportunities to stay active and fulfilled. It's your guide to making retirement a fresh, exciting chapter—not just an ending.

Course Overview

This course provides exposure to opportunities that lies within retiring workforce. It provides retooling strategies and techniques for those severing from workforce to embark on a better life beyond retirement.

How will you spend your retirement?

Have you thought much about retirement? Many people think of retirement only in financial terms. However, retirement is an

emotional goal as well as a financial one. In fact, it is one of the most emotional transitions you will experience in your life. The earlier you start preparing, the easier it may be to retire in the lifestyle that you choose.

Think of retirement planning as simply a balance between your financial resources and your lifestyle. As a matter of fact, isn't that balance the most difficult one to accomplish in our daily lives? Are we not always trading off, consciously or unconsciously, our today's for our tomorrows? For example, purchasing that larger home with the bigger monthly mortgage payment may mean that a lot less will be set aside for retirement.

Course Objectives

Develop a solid understanding of the core business areas every manager should know. Topics may include, but are not limited to:

- Understand the emotional and financial aspects of retirement planning
- Explore practical strategies for managing post-retirement income and expenses
- Discover ways to stay active, engaged, and healthy after retirement
- Identify new personal goals, hobbies, or career opportunities
- Gain confidence in making informed lifestyle and healthcare decisions
- Develop a personal roadmap for a meaningful and fulfilling retirement life

Course Outline

- Determine your retirement goals
- Identify income and start saving
- What to expect in living expenses after retirement
- These expenses usually decrease
- These expenses usually increase
- Opportunities after Retirement

What Will You Learn?

- How to set clear, achievable retirement goals
- Ways to manage and stretch your post-retirement income
- What to expect in daily living expenses after retirement
- Tips to stay mentally, socially, and physically active
- Opportunities to explore new interests or part-time work
- How to plan for a balanced, purpose-driven retirement lifestyle

Why This Course Matters

Chinedu Okafor
Retired Public Affairs Officer, Nigeria
"This course gave me the clarity and tools I needed for retirement planning. It helped me think beyond finances to a truly purposeful life."

Melissa Carter
HR Director, United States
"I appreciated the holistic approach to retirement. It's not just about money—it's about mindset, community, and living with purpose."

James Mwangi
Performance Officer, Kenya
"The training opened my eyes to life after work. I feel more confident and motivated to start planning for a rewarding retirement."

Elsa Vermeer
Senior Administrator, Netherlands
"I found the course insightful and practical. It prepared me for the emotional and social changes of retirement, not just the financial aspects."

Course Content

Course Content

Module 1: Preparing for the Transition
Understand the key emotional, financial, and lifestyle shifts involved in moving toward retirement.

- What retirement means today
- Recognizing emotional and psychological shifts
- Starting the conversation: When and how to plan

Module 2: Financial Readiness and Security
Explore practical tools to manage post-retirement income, budgeting, and long-term financial stability.

- Understanding your retirement income sources
- Budgeting for life after work
- Managing healthcare and unexpected costs

Module 3: Wellness and Lifestyle Planning
Learn how to stay physically, mentally, and socially active for a healthy post-retirement life.

- Building daily routines for wellness and happiness
- Staying socially engaged and avoiding isolation
- Creating purpose and balance in everyday life

Module 4: Exploring New Opportunities
Retirement opens new doors—this module helps you explore what's next, from hobbies to entrepreneurship.

- Volunteering, mentoring, and part-time work
- Turning passions into small businesses
- Learning new skills and online opportunities

Module 5: Relationships and Family Planning
Learn to manage expectations and build stronger relationships with loved ones in this new phase.

- Communicating with family about retirement goals
- Dealing with role shifts at home
- Legacy planning and giving back

Module 6: Designing Your Retirement Journey
Bring all your learning together and shape a clear, practical roadmap for the next phase of your life.

- Mapping out your retirement plan
- Setting short and long-term goals
- Tracking progress and staying flexible

Target Audience

This course is ideal for employees nearing retirement, retirees seeking new purpose, and anyone planning for life after work. It's designed to help you transition smoothly, explore new opportunities, and build a fulfilling post-retirement lifestyle with confidence.

Certificate of Completion

Participants who successfully complete this course will receive a Certificate of Completion. This certificate acknowledges your proactive approach to planning for life after work and your dedication to building a purposeful and fulfilling post-retirement lifestyle. It highlights your readiness to embrace new opportunities and navigate the transition with clarity and confidence.

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