

LAP Wellness - preparing for your retirement

Announcing a new e-learning course from our provider, Human Solutions.

For most of us, retirement presents a new chapter in life – a time to shift gears and create new experiences. However, retirement presents some very real psychological and emotional challenges.

While financial planning is usually top-of-mind in the years preceding retirement, the non-financial aspects of retirement are equally important. For example:

- What will you do to stay physically active in your later years?
- How will you remain connected to friends and family?
- What impact will the transition away from full-time employment have on your day-to-day interactions with your spouse or partner?

With advance planning and discussion with a spouse, partner or friend, each of us can make the transition to this new chapter both smooth and rewarding!

Preparing for Your Retirement is Human Solutions' most recent e-learning course addition. Employees with access to this component of our e-services offering can register for access to the course through the Member Services area of our website: www.humansolutions.ca

Course Schedule

Session 1: The Right Attitude

This session helps course participants create a definition of retirement that is positive, future-focused and motivating.

Session 2: Finding New Purpose

This session asks course participants to “take stock of who you are and what you want for yourself in the next chapter of your life.”

Session 3: Staying Active

This session helps participants take steps towards staying active in retirement (mentally, physically and socially).

Session 4: For Couples

The final session helps participants anticipate and plan for ways in which retirement can impact their relationships with a spouse or partner. The course includes four printable workbooks with information and activities that help employees prepare plans for a smooth transition to retirement many years before the actual transition takes place.

Enrolment is available now!

To learn about this course or other courses we offer, visit us online. See 'Member Services' at www.humansolutions.ca.