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Corporate/Organizational Services

Too Young To Retire Workshop

For many people, retirement can be longer than a career. This highly interactive workshop, based on the book, *Too Young To Retire: 101 Ways to Start the Rest of Your Life*, is designed for individuals who are within a few years of retirement. Led by Connie Challengsworth, a Too Young to Retire Certified Facilitator, the workshop addresses key issues that lead to a healthier and happier transition to the next chapter of life.

After completing the *Too Young To Retire Workshop*, employees will:

- understand how to prepare for retirement while remaining productive employees
- learn to manage emotional changes for a smooth transition to retirement
- confidently make informed choices about retirement

Topics include:

- The Aging and Retirement Mindset: Embracing the realities of the longevity revolution
- Money: The unresolved issues that could be getting in the way
- Wellness: Transitioning with extreme vitality
- Work: How to rework work including how much, when and where
- Entrepreneurship: 101 business ideas to spark your imagination
- Volunteering: The value of community service
- Leisure: Getting the right balance

Group size: 6-16 attendees

Meetings: 1-2 hours weekly for 4 to 8 consecutive weeks

Structure: Highly interactive with questions introduced by the facilitator. Between sessions and working with a partner from the group, participants complete assignments to deepen the learning experience and accomplish action steps.

Materials: Each participant receives a free copy of the book, *Too Young to Retire*, and the accompanying workbook.