HUMANS VS RETIREMENT

Workshop Title:

The 5 Pillars of a Thriving Retirement

Workshop Length:

45–60 minutes

Ideal Audience:

Anyone preparing for or adjusting to retirement who wants more than just a financial plan, they want a fulfilling, joyful, and meaningful life.

Workshop Overview:

Most retirement advice focuses on money. But the truth is: **a healthy pension fund doesn't guarantee a fulfilling retirement.**

This inspiring, practical workshop helps you plan not just for your finances, but for your *life*.

Using the **5 Pillars Framework**, you'll explore the essential non-financial parts of retirement that matter most:

1. **Purpose** – Find meaning, direction, and reasons to get out of bed in the morning.
2. **Identity** – Redefine who you are without your job title.
3. **Relationships** – Stay connected, engaged, and surrounded by people who matter.
4. **Time** – Design a week that's rich in joy, variety, and intention.
5. **Spending** – Use your money to create memories, not just preserve your wealth.

What You'll Learn:

- Why retirement can feel empty, even when you're financially secure

- How to plan for meaning, not just money
- Simple tools to help you think through what really matters
- New ways to talk about retirement, with yourself, your partner, and your adviser
- That you don’t have to “figure it all out” alone

Key Takeaways:

- A fresh way to think about retirement, less about stopping, more about starting
- A personalised action plan based on your values and goals
- More confidence, clarity, and curiosity about your next chapter
- Tools to help you turn this phase of life into the *richest* yet

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Because retirement isn’t the end of the road, it’s the beginning of a whole new one.