

# THE PRE-RETIREMENT SEMINAR 2023



**Office of the Staff  
Counsellor**

**15 November 2023**

**Q&A**

[www.slido.com](http://www.slido.com)

Event code: **#2111685**

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# Meaning of Retirement



# What does retirement mean to you?



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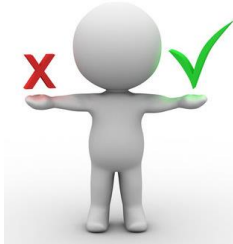
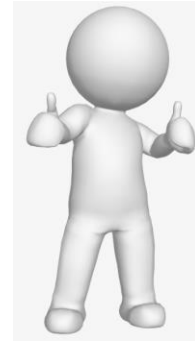
# What can retirement mean to you?

- Loss
- Renaissance
- Detox
- Liberation
- Downshifting
- Staying the course
- Milestone
- Transformation/change



How do you **feel** about your retirement?





Can you describe your feelings in one word?

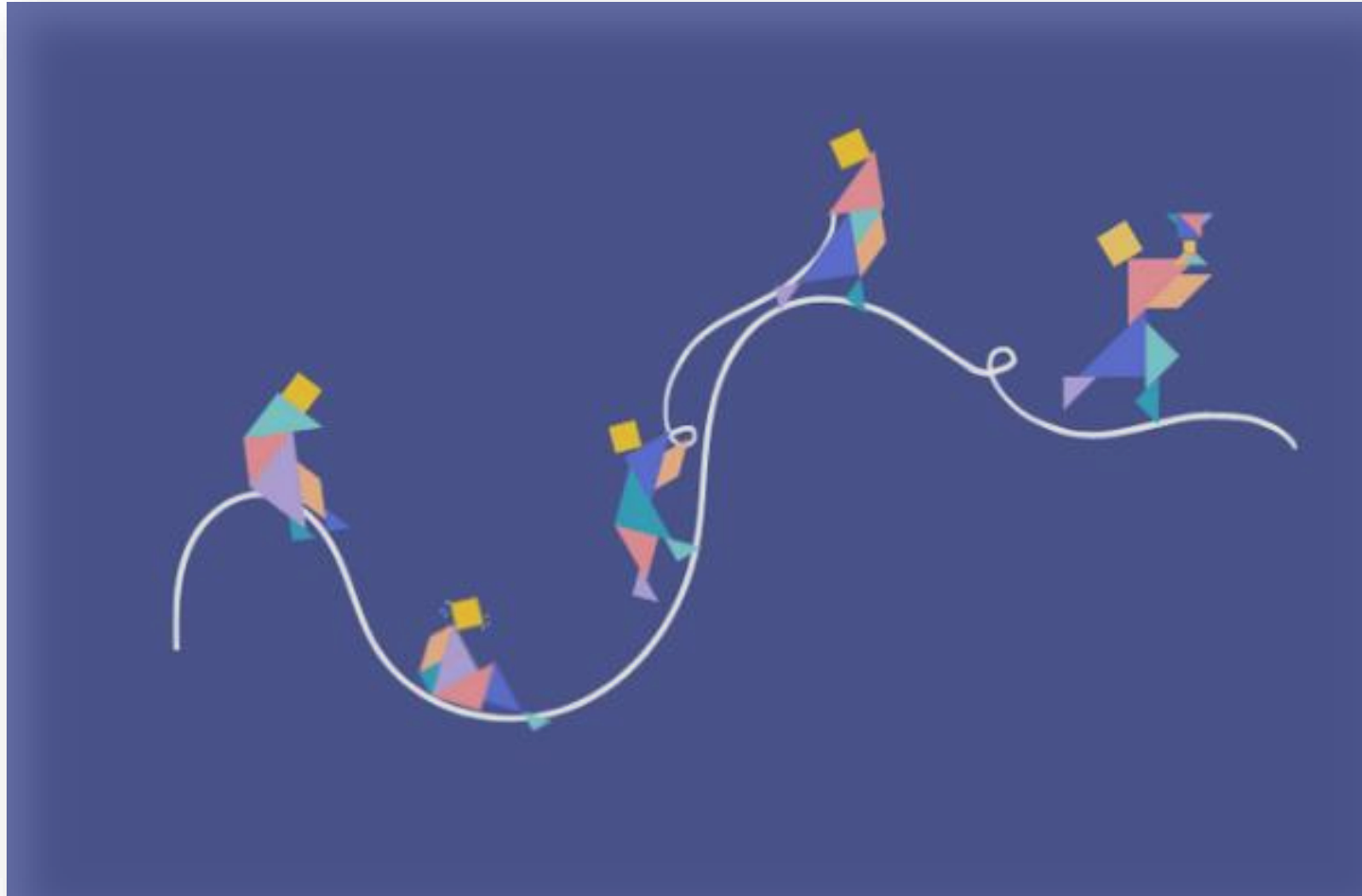


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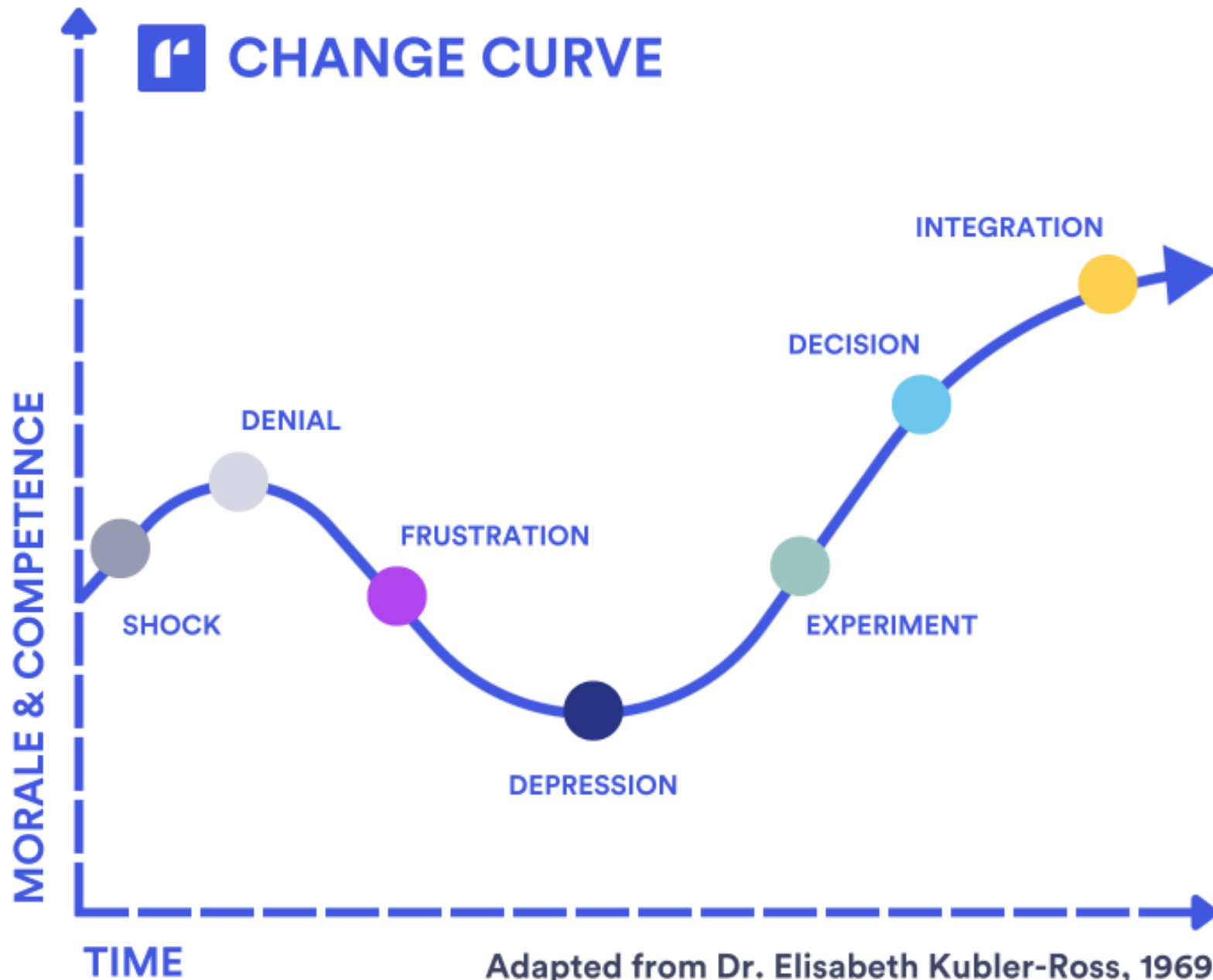
# Retirement is a Transition



Blog Runn, 2022. <https://www.runn.io/blog/change-curve>



# CHANGE CURVE

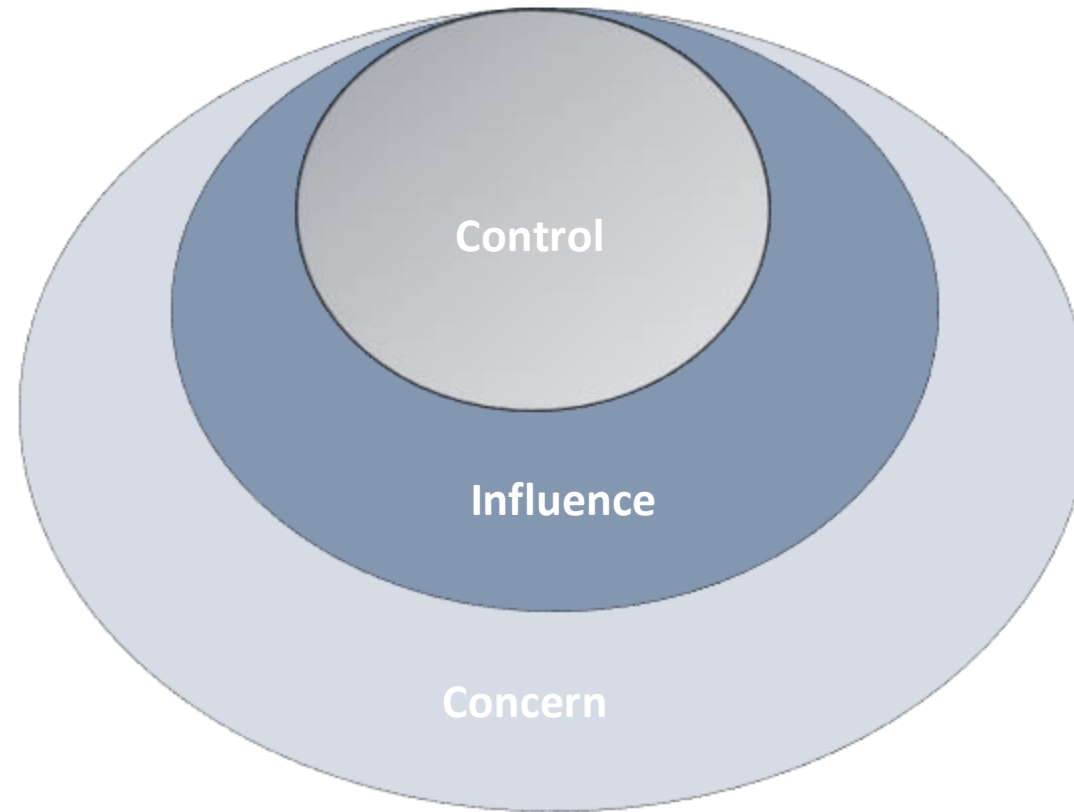


Adapted from Dr. Elisabeth Kubler-Ross, 1969

# Taking care of your Mental Health - before and in retirement



# The Circles of Control



# Taking care of your Mental Health

## 1. Planning

- **Up to the retirement:**
  - Handover, finances, managing the stress of the transition.
- **After the retirement date:**
  - Identify possibilities and paths beyond traditional retirement.
  - Will you slow down, switch gears, or stop working all together?
  - Find new ways to apply your skills.





# Taking care of your Mental Health

## 3. Stay and get connected



# What are your retirement goals?



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*We are never too old to set  
another goal or to dream a  
new dream.*

**C.S. Lewis**



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