

# RETHINK & REPLAN YOUR RETIREMENT



## WHY IS IT IMPORTANT FOR YOU TO ATTEND?

A proper retirement planning secures your happiness during your silver years. ECI has specially designed this workshop to help you think about, plan and manage your life transition, addressing concerns of career, retirement, health and family at different stages of life. This is becoming especially critical due to longer life expectancy.

Through a series of four workshops covering 4 modules over 3 days coupled with a life coaching session, you will go through a journey of self-discovery and be equipped with mindsets, tools and tactics to help you overcome your concerns and fear of life uncertainties and disruptions, navigate your life challenges, and sail through your retirement with confidence.



Taught via experiential activities, group discussions, self-reflection, sharing, application of tools, & case studies.

## SYNOPSIS FOR EACH MODULE



### 1) CHOOSE HAPPINESS TODAY

Highly happy people are mindful about their life purpose, and understand that they have the power to choose purposeful and happy lives. A happy and abundant life is not only about material wealth. Research shows there are 3 levels of happiness that everyone can pursue. In this workshop, you will be equipped with knowledge and tools to achieve the level of happiness you choose so that you can start to live your life of abundance with a deep sense of purpose. In your journey to happiness, you will learn how to be more mindful of yourself, harness that mindfulness to help you live happier in your daily life, and engage those around you in a more effective way.

### 2) CREATE YOUR RIGHT MIX OF WORK, HAPPINESS & PURPOSE

As you go through different seasons in your life, you may find doors opening and closing beyond your control. However, how you choose to respond is totally within your control. In this career management workshop, you will be exposed to tools that enhance your understanding your best-self at the workplace, identify alternative choices that will increase your happiness at work, strategies in uncovering and tackling new opportunities that await. You will learn to take stock of your strengths, skills, and values to create a strong personal branding so that you stand out from others.

### 3) PLAN FOR A HAPPY & MEANINGFUL RETIREMENT

The jobs that you had held play an integral role in the formation of your self-identity. Retirement is a full-time job that requires holistic and purposeful planning so that you can be happy and enjoy your retirement without losing your self-identity. This workshop will prepare you to ease into your new role as a financially-sound retiree who will be seeking out new opportunities that can meaningfully occupy your time, tapping on the resources available to you.

## SYNOPSIS FOR EACH MODULE



### 4) CONSERVE WEALTH THROUGH HEALTH

It will be ironic if you spend your whole life working while waiting to enjoy your retirement and are unable to do that as a result of poor health. The old saying “health is wealth” is often taken for granted till one falls ill. Prolonged medical care for diseases that go unmonitored and untreated can be heavy on the pocket. It can be a scary experience to discover that you are at risk of or are suffering from those common chronic diseases. However, ignorance is not bliss! Discovered at the early stage, the diseases can be managed well. In this workshop, you will learn how to assess, monitor and manage your health and your risks to the various common chronic diseases. This will enable you to be in good health for as long as possible. With good health, it will be much easier as you pursue your life purpose and grow your happiness and abundance.

While it is common knowledge that a healthy diet and regular physical activity will help us stay in the pink of health, yet there are many barriers that prevents us from eating healthily or exercising regularly. The truth is nobody is too old to start making small changes to start living a healthier life. In this workshop, you will be discussing about your barriers to healthier lifestyle practices and finding out how to overcome these barriers. You will also learn to exercise safely so that you can blossom and glow naturally without the need for botox and liposuction! To sweeten the deal, you will learn how you can still enjoy your favourite foods while embarking on your journey towards healthy eating, better health as “You are What You Eat”.

### 5) PERFECT YOUR PRACTICE

Nothing in life cannot be achieved through just listening, reading or talking about it. Your goals and dreams can only be achieved with practice, practice and more practice as you go about your daily life. This one-hour individual coaching session will kick-start your journey to successful application what you have learnt in the workshops. You will be guided to set SMART goals and develop a realistic action plan. You may sign up for additional coaching sessions if you require it.

## TESTIMONIES FROM PARTICIPANTS

I learnt how to use mindfulness breathing to calm myself before talking to my colleagues, customers and even my helper at home!

Many inputs and knowledge gained. Sharing of experiences helped us learn and apply what we had learnt

I'm using the personality profiling tool when interacting with my co-workers, seems to be working...

Should be compulsory to all working adults. Very good, engaging and informative workshops!

I am feeling more positive about my future now. Before this, I was worried about my retirement.

I'll be reviewing my insurance coverage with my agent for my retirement needs