



# Rewire not Retire

## Details

**Duration:** 3 Days

## Region & Dates

### Dublin:

May 27, Jun 3, 10, 2020  
Oct 19, 28, Nov 4, 2020

### Time:

9.30 am– 5.00 pm

### Venue:

Ibec  
84-86 Lower Baggot Street  
Dublin 2

### Cost:

Ibec member: €1500  
Non-member rate: €1700

## Programme Overview:

The impact of longevity has changed the landscape for retirees. It is no longer about 'hanging up the boots' but about taking the opportunity to create a new stage of life. Organisations are beginning to reflect this in the support they provide to retiring employees. These organisations are looking for a fresh approach which will help individuals to attend to the big decisions affecting their next 20 to 25 active years. The programme is uniquely designed to facilitate individuals to address the complexities of modern retirement and to create an exciting and fulfilling future. This personal development programme is for those organisations who wish to support their retirees in a meaningful and practical way. Supporting people to manage their future prosperity is a key part of an employer's value proposition and investing in development of employees, even in the latter stages of their careers, can provide motivation and inspiration for those remaining in the organisation.

This programme is an innovative and practical programme which seeks to inspire retirees to pro-actively look to their next stage with confidence and optimism.

Through stimulating exercises, models, tools and strategies, the participants re-engage with their talents, uncover their passions and take the steps to shape the life they want.

## Programme Outcomes:

On completion of this programme, participants will be able:

- Understand the process of transition.
- Have normalised their fears and concerns
- Have re-evaluated their talents, skills and values.
- Have identified what they need to let go of or dial down.
- Have challenged themselves to know their true interests and passions.
- Have created a vision of what the future might be.
- Have a more positive, enlightened and energised approach to their next stage.
- Meet like-minded people and develop a new network



## Approach:

### Who Should Attend?

The programme is for people at all levels in an organisation, interested in thinking about their future and planning their next stage of life, thinking about retiring within the next 3 years.

### Programme Schedule:

Understanding and navigating modern retirement

- Understanding the context of retirement today- the challenges and possibilities.
- Making sense of change and transition.
- Understanding that a new stage requires a new mindset – a growth mindset.
- Tapping into resilience to navigate the challenges of transition in life after work, using evidence-based tools, strategies and a Resilience Self-Assessment.

Who am I and what am I bringing with me?

- Taking stock, evaluating talents, strengths, skills and interests.
- Revisiting personal values and identifying what is important for the next stage.
- Exploring the concept of identity, in the context of retirement.
- Understanding the idea of 'letting go' to allow something new to emerge.

What's next?

- Working out and exploring one's personal objective for this new stage through different concepts, models and ideas.
- The opportunity to practice creative thinking, in imagining the possibilities and opportunities
- Completing a comprehensive Reflection Guide which enables participants to pull together the insights, ideas and thinking that have emerged for them, over the course of the programme.
- Re-think their direction with confidence.
- Finance guidelines for retirement

## Contact:

For further information,  
please contact  
Quelba Lima on 01 605 1619  
or at [training@ibec.ie](mailto:training@ibec.ie)

## What you said:

*"I found the course to be a great opportunity to spend three full days thinking long and hard about your next steps. You would never spend that much time on it without the structure involved in this course. Also, the opportunity to discuss it with a group of like-minded people added to the value."*