

# Career Counselling: Focus on Retirement Planning

The move to retirement is a major event in your life. Planning is key. Shepell·fgi can help you prepare for this important transition.

## Your Retirement:

Planning benefits everyone

*What causes pre-retirement anxiety?*

*Looking for strategies to start a new career?*

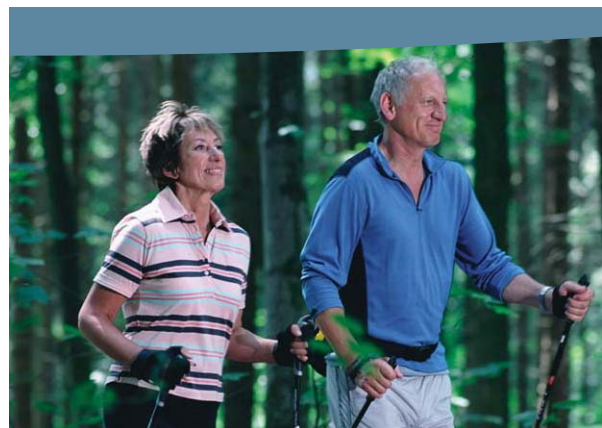
*Is relocation a good idea?*

The concept of retirement is being redefined. Changes in demographics, lifestyles and attitudes are helping drive this change. Retirement offers more choices and opportunities than ever before. Will you focus on interests and hobbies, travel more, start a new career or focus on family and friends? These are just a few of the options available to you.

The Shepell·fgi Retirement Planning program is offered as a component of our Career Counselling service. The program's objective is to help alleviate some of the stress and apprehension surrounding retirement by providing tips and manageable solutions. The right planning at this stage can mean the difference between a happy, successful transition and a troublesome move away from the world of paid work.

## How it works.

The program is accessed through one easy call to our Care Access Centre. You are matched with a counsellor who works with you to identify needs and explore options.



We will also help you assess your psychological and practical needs and goals when planning for retirement.

## You and your career:

Support when you need it

Get a fresh perspective on your career with support and resources from your Employee Assistance Program. Our Career Counselling program helps you identify career direction and choices; assess interests and skill sets; and develop strategies that enhance work satisfaction and performance.

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Connect with your EAP to get a refreshed perspective on your career and retirement strategies.

**Call: 1.800.387.4765**