



UNDERSTANDING AND PREPARING FOR RETIREMENT

Explore retirement within the context of both traditional and current models, as well as the concepts of change and transition and implications on planning a successful retirement.

Explore 15 factors in key life arenas of family, relationships, work/career, leisure and spirituality to help better understand your preparedness for retirement planning. If you are retired, or near retirement, and are looking to reinvent your future years, this course will provide the information necessary to assess current and future plans towards making retirement a reality. This course is not a financial planning course.



COURSE: PIW 125 | 12 Hours | \$275 + GST
017 | Oct. 3 - Oct. 24 | Wednesday | 6 - 9 pm | Main

Note: An optional online assessment tool will be available. Please bring a cheque for \$53.95 to the first class if you wish to purchase. This tool will measure individual preparedness for retirement factors but it is not required for the course.

INSTRUCTOR

Brian Lambier is a career coach, a certified retirement coach as well as an adult education workshop facilitator who has worked in a diversity of positions in the human services and career development fields for the past twenty-seven years. Brian has facilitated workshops for many organizations, including private corporations' government, non-profit groups, and post-secondary education schools. His training includes a Bachelor of Arts Degree in Psychology and Communications Studies from Wilfrid Laurier University in Waterloo, Ontario, a diploma in Social Work from Mohawk College in Hamilton, Ontario, a Career Development Certificate from the University of Calgary, and Retirement Coach Certification from the Retirement Options Program.

