

# Course : Get informed and prepare for retirement

Practical course - 2d - 14h00 - Ref. PRT

Price : 1360 € E.T.

★★★★☆ 4,8 / 5

BEST

This training course is an opportunity to gain an in-depth overview of current pension schemes, their recent and future reforms and your rights, to manage your income and assets effectively, and to preserve your health capital. Through practical advice and anticipation workshops, you'll learn how to prepare for your transition to retirement, secure your financial resources, redefine your personal projects and your pace of life, and approach this new stage with serenity, peace of mind and confidence.

## Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Calculate your income
- ✓ Managing retirement-related changes
- ✓ Drawing up a life plan for retirement
- ✓ Maintaining health and memory

## Intended audience

Anyone who is close to retirement and wants to prepare for it as effectively as possible.

## Prerequisites

No

## Course schedule

### PARTICIPANTS

Anyone who is close to retirement and wants to prepare for it as effectively as possible.

### PREREQUISITES

No

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

## 1 Know your rights and calculate your income

### Compétences visées

- Understanding pension issues, reforms and current events
- Putting together your career reconstitution file
- Understand the different types of retirement pensions: basic, supplementary and complementary.
- Managing income and assets

### Activités pédagogiques

- Practical exercises: calculating pensions and estate transfers (prepared or unprepared)

## 2 Coping with the changes associated with retirement

### Compétences visées

- The link with the company: building a constructive relationship with your successor, contributing to the company's memory
- Identify changes, understand them and turn them into opportunities
- Coping with family demands: spouse, elderly parents, children, grandchildren...
- Setting up new rules for life
- Taking time for yourself
- Coping positively with the transition and adapting to the new rules of life

### Activités pédagogiques

- Practical exercises: identifying the changes associated with the transition to retirement
- Individual and collective reflections: the risks of retirement (isolation, depression, sedentary lifestyle...) and ways to guard against them.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.

### 3 Taking action to build an active retirement

#### Compétences visées

- Planning a medium- to long-term project
- Take stock of your qualities and interests
- Finding new activities to keep you going
- Choose activities according to your needs/desires
- Preparing and anticipating projects

#### Activités pédagogiques

- Individual reflection: take stock of your qualities, skills and interests
- Self-diagnosis : Am I ready for this new life?

#### Outils et méthodes

- Self-positioning tests

### 4 Optimizing your health capital

#### Compétences visées

- Maintaining your memory
- Eat a healthy, balanced diet
- Preserving your sleep
- Managing stress and its consequences
- Building a balanced, serene life

#### Activités pédagogiques

- Practical exercises: memory exercises
- Individual and collective reflections: exchanges on the notion of life balance

#### Outils et méthodes

- Memorization techniques
- Stress management techniques

## Dates and locations

#### REMOTE CLASS

2026 : 16 Apr., 16 Apr., 21 May, 18 June, 18 June, 3 Sep., 22 Oct., 23 Nov., 14 Dec.

#### PARIS LA DÉFENSE

2026 : 16 Apr., 21 May, 18 June, 3 Sep., 22 Oct., 23 Nov., 14 Dec.