

Course : Anticipate to live retirement to the full

Practical course - 3d - 21h00 - Ref. PRF

Price : 2130 CHF E.T.

 4,5 / 5

The transition to retirement can give rise to a number of concerns, such as the role you will play once you leave the professional sphere, or how you will spend your time. This period also offers the opportunity to reflect on how to live this new freedom to the full, so that you can continue to fulfill your potential. This training course will support you in your reflection through introspection, tools and an effective methodology to clarify your ideas and identify the direction you wish to give to your new life.

Teaching objectives

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

- ✓ Develop greater self-awareness to identify desires and priorities in this new phase of life
- ✓ Looking forward to retirement with peace of mind and a positive frame of mind
- ✓ Develop new life projects in line with your aspirations and personality
- ✓ Identify your motivational levers to take action at the end of your career and after your transition

Intended audience

Anyone close to retirement.

Prerequisites

No special knowledge required.

Practical details

Hands-on work

Exercises and discussions are based on the participants' own experience, enabling them to derive maximum benefit from the training.

Course schedule

PARTICIPANTS

Anyone close to retirement.

PREREQUISITES

No special knowledge required.

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.

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.

1 Anticipating life changes

- Deconstruct prejudices and preconceived ideas about retirement.
- Identify the changes brought about by the transition to retirement, so you can live with them serenely.
- Measure the role of your social identity in your equilibrium.
- Anticipate the need to become an active player in social relationships.
- Reconnect with your needs and let your aspirations emerge.
- Strike a balance with the demands of loved ones: elderly parents, spouses, children, grandchildren.
- Regain control of your agenda and know how to say no.

Hands-on work

Discussions based on expert videos and testimonials. Individual and group exercises to realize the impact of the transition to retirement on the different facets of your life, and to become aware of the areas you need to reinvest on this occasion.

2 Make life choices that reflect your personality

- Identify your deep-rooted personality, qualities and modus operandi above and beyond the socio-professional label.
- Discover the motivational levers that drive you to take action.
- Understand your own value system to bring more meaning to your new life.

Hands-on work

Explore, individually and then in pairs, your personality and value system through several exercises and personality tests.

3 Unleash your potential through your hidden talents

- Identify sources of pleasure from past life experiences and cultivate them on a daily basis.
- Capitalize on your strengths by appropriating your talents.
- Get out of your comfort zone and continue to stimulate interest and curiosity by opening up the field of possibilities.
- Develop motivation by drawing inspiration from concrete projects.

Hands-on work

Study of one's strengths, talents and motivational levers through analysis of one's own experiences and those of others. Team challenge to explore potential new activities outside your comfort zone.

4 Projecting your life in retirement

- Develop meaningful life projects.
- Harmonize your project's search for meaning and pleasure with the way you operate.
- Visualize your new trajectory to make it your own.

Hands-on work

Identify the main theme of your retirement using a funnel-based methodology. Identify possible projects or activities that match your aspirations and how you function.

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 to review your request and its feasibility.

5 Taking charge of your health in retirement

- Implement a preventive approach to maintain your health.
- Stimulate your memory on a daily basis.
- Identify the physical activities you can start in retirement.
- Adopt healthy eating habits to take care of your body.

Hands-on work

Discussions based on expert videos. Memory stimulation exercises. Creation of a roadmap for taking charge of your health in retirement.

6 Drawing up an action plan for your new life

- Create a retirement that meets your needs: your framework, your pace and your direction.
- Define a strategy to avoid procrastination.
- Define action plan milestones.

Hands-on work

Design your own action plan, identifying the first small steps you need to take to get moving. Collective sharing to encourage commitment.

Dates and locations

REMOTE CLASS

2026: 25 Mar., 15 June, 21 Sep.