

# RETIRE TO THE LIFE YOU DESIGN<sup>©</sup>

A Retirement Planning Workshop



# Your Workshop Facilitator is Freddi Dogterom

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Freddi is a professional retirement planner, certified career development professional, and experienced adult educator.

She leads workshops and delivers keynote addresses on topics that relate to helping people be built up and progress in their lives or career. Freddi retired from a long-term career after 33 years of service, by putting her career plan for the next stage of her life into action. Having lived through a successful career transition because of the planning process, Freddi is passionate about helping others to start the process of planning towards a successful retirement transition.

**Freddi Dogterom**  
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Join Freddi for a full day virtual workshop

**When:** Sunday, May 16, 2021

**Time:** 11am EST - 5pm EST

**Cost:** \$0 (Valued at \$300)

*Sponsored by VetCare*

**Max capacity:** 20 registrants

Reserve your spot before May 7, 2021  
by emailing [amy@vet-care.ca](mailto:amy@vet-care.ca)

Check out <https://vet-care.ca/resources/>  
for more information.

# Retire to the Life YOU Design - KEY CONCEPTS

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*The concepts underpinning the workshop are reinforced throughout the workshop:*

- Retire to the Life You Design is an **experiential** workshop more than a training session by an expert. This is all about YOU and YOU are the expert on YOU.
- The facilitator is your **guide** through a **personal process** of self-exploration and discovery that will help you connect who you are with possibilities for your future – life planning from the inside out.
- The workshop is an **introduction** that will equip you with tools, models, information, and resources to help you continue your exploration and discovery after the workshop ends.
- The focus is on the **future** - retiring **TO** as opposed to retiring FROM.
- The focus is on life planning as opposed to financial planning. Money is important, but not everything.
- **You design** – puts the control of your life in your own hands.
- Aging is inevitable, but expect to remain **actively engaged** with life. As you age, replace activities you can no longer do with activities in any of the Six Circles that you **can do**. Your expectations become your reality.

This course helps you to start preparing for what you will do when you retire, beyond the traditional 3Gs of golf, gardening, and grandkids. You will discover tools and resources for lifelong learning, engaging leisure activities, building meaningful relationships, and options for flexible and purposeful paid or volunteer work. Get to know how your core needs and values can guide you to choose activities that interest you for physical, mental, social, and spiritual balance and well-being. Leave knowing new possibilities and an action step towards your own uniquely fulfilling retirement.

# Beyond the numbers - what else you need to know about retirement planning:

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Today's retirement looks vastly different from our parents and grandparents. We are healthier, better educated, more life aware and often longer-lived than previous generations.

Traditional retirement planning focuses almost exclusively on the financial aspects as retired individuals were mainly concerned with having sufficient resources to support themselves for the next few years as they declined and passed on. One of the biggest fears was outliving their money.

Today, the financial aspects of good planning are still important but have to be considered in context with other lifestyle elements. In broad terms, those elements are Social/Psychological, Bio/Medical, and Geo/Financial that are all considered to create a customized plan of "Ways to Live" that supports core values for each individual. Today's retirement plans incorporate both a solid financial plan with a workable and realistic lifestyle plan.

## Objectives

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The objective of a good retirement transition plan is not to retire **away** from something such as a job or career or business, but rather **to** be retiring to something such as a new opportunity or lifestyle of your choosing.

### **What you'll takeaway from this workshop:**

- *Enhanced awareness of new perspectives on aging and retirement*
- *Understanding fulfillment needs of your mind, body, and spirit*
- *Understanding the areas you may wish to pursue in retirement*
- *The first steps to planning your desired future*

***Don't retire away from a job ~ retire to your exciting, personally designed future!***