



What does a retirement coach provide?

- New **perspectives** before and after retirement
- **Support** from personal experience
- Concrete **information** and ideas

Retirement – now what?

Retirement is often longed for, but is sometimes also associated with a little uncertainty. It is an important chapter in one's life that one should consider in good time:

How do I want to live? What do I still want to do? What does my financial, residential, social, private situation look like?

Are you about to retire and need guidance or are you looking for ways to find your new role and unlock all your potential and resources?

Is it important for your organisation or your company to provide your employees with the opportunity to prepare for their transition from work life to retirement as successfully as possible?

Get in touch with a GERO retirement coach! Trained volunteers can give conferences and workshops on preparing for retirement:

- They provide concrete information and assistance on how best to prepare for or manage retirement.
- They speak from experience, providing the necessary comprehension and showing new perspectives.
- They do not give financial/legal psychological support, but they can refer to other support services if needed.
- On request, they will organise conferences and workshops in companies, organisations and associations.
- Individual appointments can also be arranged if necessary.

Further information

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Upcoming conferences will be announced on

gero.lu



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