

CACAO JEP

RETIREMENT PLANNNING WORKSHOP – June 25, 2019

The most common retirement definition often viewed retirement as the endpoint to full-time working life. This endpoint to working life can happen for a number of reasons. Some persons prepare for retirement but others are caught off guard. It is our responsibility to create awareness to retirement for our employees.

At the end of this workshop, participants should be able to:

* Relate to retirement and its mental considerations
* Identify at least 2 different approaches to retirement and managing associated stress
* Connect with the approaches to maintaining a healthy lifestyle
* Understand JEP’s pension benefits and how they are applied
* Collect relevant information on the Government’s pension benefits
* Create a vision board to individual’s retirement

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| **TIME** | **TOPICS** | **PROPOSED PRESENTERS** |
| 9:00 - 9:05 am | **WELCOME/OPENING REMARKS** | |
| 9:05 – 10:00 am | * **Preparing for Retirement**   + What is retirement Planning?   + Psychological/Mental Considerations   + Different approaches to retirement   + Managing associated retirement stress/ depression | Dr. Stephnie Stern |
| 10:00 – 10:15 am | **COFFEE BREAK** |  |
| 10:15 –11:15 am | **Health and Wellness at Retirement**   * What is a healthy lifestyle? * Balancing your lifestyle | Nutritionist Specialist/ Weight Management Consultant??? |
| 11:15am – 11:45am | **Financial Planning for Retirement**   * Budgeting, Debt Management, Savings | JN Foundation  Rose Miller |
| 11:45am – 12:30pm | * Understanding JEP’s Pension Benefits and how they are applied to Retirement | VMBS Pension Managers |
| 12:30pm - 1:30pm | **LUNCH** | |
| 1:30pm – 2:00pm | * Information on the Government’s Pension Benefits | NIS Manager |
| 2:00pm – 3:00pm | * Insurance and Estate Planning * Sources of retirement income | Sagicor  Peter Townsend |
| 3:00pm – 3:45pm | * **Designing Your Retirement Roadmap**   Creating a vision board | Dr. Stephnie Stern |
| 3:45pm – 4:00 pm | * **Evaluation and Close** |  |