

***The Retirement Project:
A Seminar for Pre-Retirees and Those Already Retired***

Retirement is a journey; not an event. It is an ever-evolving process that depends upon one's dreams, talents, and life circumstances as well as the needs and life circumstances of significant others. All too often, however, pre-retirees plan only for financial security and fail to address the equally important emotional and life style concerns.

The Retirement Project workshops are designed to help pre- and early-retirees develop "living" retirement plans based on realistic expectations.

The Retirement Project is a 4-5 hour hands-on, workbook driven seminar which helps pre-retirees and early retirees:

- Evaluate current expectations about retirement
- Compare expectations with known reasons why people "fail" at retirement
- Identify personal talents and limitations for developing and meeting goals
- Develop and refine concrete short-term and long term plans
- Place plans in their family context
- Learn communication and conflict resolution techniques for bringing others "on board"
- Integrate strategies for modifying plans as realities shift
- Outline concrete action plans
- Explore retirement options
- Introduce financial planning

Many prominent people have encouraged the wisdom of life-style planning for retirement along with financial planning. Harold Cox, for example, the author of *Later Life: The Realities of Aging* (Prentice Hall Publishers) notes,

"Pre-retirement programs undoubtedly would do much to ease the fears of many older workers and to facilitate a smooth transition to retirement. Unfortunately, most offer only discussions of what the workers can expect to make in retirement."

Similarly, former President Jimmy Carter, in his book *The Virtues of Aging* (Publishers) notes,

"We can expect to spend about half our adult life in retirement, but many of us don't prepare properly, except for trying to accumulate a financial base large enough."

Next page →→

Seminar Leader: The seminars will be led by Samuel J. Marwit, Ph.D. Sam is a licensed clinical psychologist and Professor Emeritus, University of Missouri-St. Louis. He has extensive experience in helping people develop healthy outlooks when facing major life transitions. He is a retiree, having retired from a 38 year professorship at the University of Missouri – St. Louis, but continues to conduct an active professional life.

Cost: \$300

The cost of the Retirement Project is \$300 per participant or \$500 per couple; pre-paid, and non-refundable within 48 hours of the start of the program.

Location: To be determined depending on the size of the audience.

For information and registration, contact:

Samuel J. Marwit, Ph.D.

98 County Farm Road

Dover, NH 03820

Phone: (603)953-6783

E-mail: smarwit@yahoo.com

Health-Focused Psychological Services