



Psychology of Meaningful Retirement

Presented by the Department of Psychology, University of Pretoria

The **Psychology of Meaningful Retirement** short course will enable you to proactively plan for a meaningful retirement. Misconceptions and unrealistic ideas pertaining to the idea of retirement are addressed in this training session. The psychological principles and skills employed in this training session will not only enable you to mitigate the transition process from work to retirement, but will empower you to enjoy a well-balanced quality life after retirement. Your psychological well-being is crucial and is dependent on the maintenance of your spiritual-, mental-, emotional- and physical capacities.

Course content

- Misconceptions and realities of retirement
- The green- and the gold zone
- The flow phenomenon
- The difference between joy and pleasure
- Mindfulness
- Psycho-social fitness and well-being
- Capacity building (physical, emotional, mental and spiritual)
- The givens of life and coping with temporality

Learning outcomes

After successfully completing this course you will have

- deeper understanding of the importance of maintenance of well-being for retirement
- maintenance of balance between productive creativity and a quality life engagement, and
- practical principles, guidelines and skills to improve quality of life.

Who should enrol?

This course is ideal for people that are in the process of planning for their retirement and this training programme can also assist employees in their early fifties, as well as younger employees that want to create more balance in their life.

Course fees

Please contact us for course fees.

Course fees include all course materials and refreshments during contact days.

Admission requirements

Prospective delegates should have completed their Matric qualification with exemption.

Accreditation and certification

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Registration and enquiries

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Course leader

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Community Development and People Intervention

Shifting knowledge to insight

