

“After We’ve Said Goodbye: Considering Some of the Emotional and Spiritual Issues Related to Retirement”

- Retirement is a significant ending in a person’s life. When we experience change in the external world, there is also a transition that takes place emotionally and spiritually. This class addresses those changes and seeks to strengthen a participant’s ability to fully embrace and move through this emotional/spiritual transition.
- Topics include: psycho-emotional reactions to retirement, phases of retirement, examining expectations, values, personality and stress profiles for retirement, health issues, relationship issues, and post-retirement goals