



Also available
in German!

Heeelp! – I'm going to be retired!

Cast aside or finally free? The beginning of the end or the start of a new life? Lonely misery, or rows with the spouse and stress with the grandchildren?

Retirement is often associated with mixed feelings. Unfortunately, there is no patent recipe for making a success of it.

This course, therefore, aims at developing ideas for the participants' individual situation based on the findings of psychological research.

Target group:

People thinking about retirement and pensioners still looking for ideas.

Topics:

- **The two sides of work:** fulfilling psychological needs, and strain
- **Identity:** who am I with and without my job?
- **Is age(ing) only horrible?** - Decline and maturing as parallel processes
- **Keeping socially active** in retirement

At the interface of people ...

... and organisation

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– Organisational details –

<u>Trainer:</u>	Gerlinde Amschl, M.Sc., Social & Organisational Psychologist FSP
<u>Format:</u>	A. On-line course: duration and topics to be agreed OR B. Interactive workshop (on site): <ul style="list-style-type: none">○ 2 half days (2 x 3.5 hrs, 60 min./hr) OR○ 1 full day (7 hrs, 60 min./hr)
<u>Price:</u>	to be agreed
<u>Place & time:</u>	to be agreed
<u>Number of participants:</u>	min. 6 – max. 15 people
<u>Registration:</u>	phone: 0041 61 332 19 48 or email: gerlinde@amschl-coaching.com
<u>Further information:</u>	www.amschl-coaching.com