

'Retiring with Attitude! Learning to be Retired'

Online group course for those struggling to adjust to retirement

If you haven't taken to retirement like a 'duck to water' this is the course for you. It runs over six weekly sessions and can be enjoyed from the comfort of your own armchair! Julia South (Sheffield U3A) and Carol Ellis (Bromley U3A) have developed the course after their own struggles with the transition from working life to this next stage in life.

The course doesn't try to tell you what your retirement should look like – only you can decide that. Nor does it cover financial matters. But the course does prompt you to think deeply about what you want from your retirement – examining what's important to you, looking at what beliefs might be holding you back, deciding which skills you'd like to carry forward into your retirement and, of course exploring all the many opportunities open to you, even during the pandemic!

It's an online course, where you'll meet as a small group, via Zoom. Each session will last an hour and a half and consist of a pre-recorded video in which Julia and Carol will lead you through the course. The video will be interspersed with individual exercises followed by group discussions.

Your Committee is offering this course on the basis that those interested will self-administer the course. This means that no-one has to lead the course (Julia and Carol do that) but one of you in the group would need to be prepared to set up the Zoom sessions for the six weekly sessions. The course videos and emailed handouts would then be sent directly to the course administrator.

The course helps you along the path towards an enjoyable and rewarding retirement. If you're interested in taking part, contact Sam Sexton at wdu3a.webinfo@gmail.com. When you email please indicate if you would be prepared to act as Zoom host for the course. We have two WDU3a Zoom accounts, one of which could be used, schedule permitting.