



**THE UNITED REPUBLIC OF TANZANIA**  
**INSTITUTE OF ACCOUNTANCY ARUSHA**



**SHORT COURSE ANNOUNCEMENT**  
**ON**  
**RETIREMENT PLANNING – MANAGING A NEW BEGINNING**

(22<sup>nd</sup> April – 03<sup>rd</sup> May 2019 - IAA Arusha Campus, Arusha)

**1.0 COURSE BACKGROUND**

Experience shows that people approach retirement in quite different ways - some adopt a positive, forward-thinking attitude, but most of them are filled with uncertainty, trepidation, even dread, at the prospect of giving up work. Whatever their perspective, retirement is one of the most significant changes that employees will go through during the course of their lifetime and therefore need to be planned ahead. Organizations also have the responsibility of helping their employees by offering them access to expert advice on how to make the most of their retirement.

**2.0 COURSE OBJECTIVE**

This course is aimed to give a comprehensive view of the issues, challenges and opportunities which retirement offers, and also to highlight areas where retired people may run into difficulties or fail to make the wisest decisions, particularly those regarding the important financial resources available to them.

At the end of the course participants will be able to:

- Identify challenges faced by retirees;
- Develop plan for life after retirement;
- Examine strategies of managing personal finances including budgeting;
- Raise awareness of changes expected after retirement and discuss ways of coping

**3.0 COURSE CONTENTS**

The contents of the course will be:

***Gearing Up to Your Retirement***

- Multiple perspectives of “Retirement”
- Major Life Issues Confronting retirees
- Three “Boxes” of Life
- Traits of Highly Successful Retirees;
- Retirement planning; Strategies

***Emotional & Mindset Management***

- Reinventing Your Life;
- Create a Better You & Family Support;

- Undiscovered vs. Discovered Self;
- Guidelines for Managing the Life Change and Transition challenges;

### ***Financial Planning and Management***

- Financial Planning for YOUR Retirement;
- Setting Your Retirement Goals;
- Understanding Your Financial Net Worth; Evaluating Your Present Lifestyle;
- Creating Wealth – Entrepreneurship; Investment planning and management;

### ***Healthy Ageing***

- Common Causes of Death in People;
- Supporting a Healthy Lifestyle;
- Enjoying Your Leisure Time;
- Stress Management;

### ***Employment Continuity and Professional Enhancement***

- Choices and Activities in Retirement;
- Main Factors to Work during Retirement;
- Employment Opportunities in the 50's;
- Knowledge You Bring into Retirement;
- Techniques to Choose Your Post-Retirement Career;

## **4.0 TARGET PARTICIPANTS**

This comprehensive training course on retirement planning is designed for all cadres of employees who are about to retire either voluntarily, non-voluntarily or by age. Other employees are also encouraged to participate as a way of planning their retirement early.

## **5.0 METHODOLOGY**

This exciting and empowering Retirement Planning course is transferred by means of focused presentations which are followed by experiential learning discussion sessions. In these sessions the knowledge gained is applied to real-world examples

## **6.0 FEES & MODE OF PAYMENT:**

The fee for the course is **TZS 1,500,000/=** (say **One Million Five Hundred Thousand Only**) to cover for training material, tea and lunch. Participants will have to arrange for their own travel, accommodation and upkeep while attending the course in Arusha. Payment may be in cash, cheques or TISS paid directly to our **Bank Account No. 014103007130 in the name of Institute of Accountancy Arusha, NBC, Arusha Branch. Early registration is highly encouraged and appreciated.**

## **7.0 DATE, DURATION AND VENUE:**

This course will be conducted from **22<sup>nd</sup> April – 03<sup>rd</sup> May 2019** at the Institute of Accountancy Arusha, located at Njiro Hill-Arusha.

## 8.0 CONTACT PERSONS

For more details please don't hesitate to contact any of the following:

### Course Director

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### Head of Department – Consultancy & Executive Development

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### Course Administrator

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### APPLY TO:

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