

Retirement Transition Workshop

Posted:

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SURS is partnering with the U of I Extension to bring a new retirement transition program to our members ages 55-plus. "Explore Your Future" is a one-day workshop focusing on topics that encourage members to consider "what's next" in life.

Topics:

What Has Influenced Me?- Participants reflect on what has meant most to them in their lives and brought the greatest fulfillment while they explore people and events that have influenced them, their lives' themes, patterns and strengths.

Who Am I Now?- Through self-discovery and assessment, participants identify where they are in their lives and what talents they have. They explore values and motivators, passions and interests, individual gifts, strengths and aspirations.

How Can I Realize My Dreams?- Once participants gain more self-awareness, they address practical ways to align their values, passions and gifts by learning creative techniques for generating life options, strategies to fuse passion, purpose and personal strengths, and ways to imagine potential.

How Do I Create an Engaged Life?- Participants develop individual action plans based on specific, measurable, attainable, realistic and timely (SMART) goals; real and perceived challenges; and resources to help them reach their goals

Workshops will be held on four dates around the state. The fee for the all-day workshop is \$25.00, which includes lunch.

Dates & Locations

<p>Tuesday, October 6, 2015 University of Illinois Extension 2205 Enterprise Drive, Suite 501 Westchester, IL 60154</p>	<p>Thursday, October 15, 2015 Rend Lake College, Campus Student Center, PDA 468 N. Ken Gray PKWY Ina, IL 62846 CANCELLED</p>
<p>Wednesday, October 14, 2015 State Universities Retirement System 1901 Fox Drive Champaign, IL 61820 CANCELLED</p>	<p>Friday, November 6, 2015 University of Illinois Extension 321 W. Second Avenue Milan, IL 61264 OPEN</p>

All programs will take place from 8:30 am ? 4 pm.
For more information and to register go to: <http://web.extension.illinois.edu/cfiv/> [1]

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Links

[1] <http://web.extension.illinois.edu/cfiv/>

[2] <http://www.surs.com/pdfs/news/ExploreYourFutureStateWide.pdf>

[3] <http://www.surs.com/tags/news>

[4] <http://www.surs.com/tags/about-surs>