

Lifestyle Change:

Inspiring Retiring  
Staff to Stay Active

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# Inspiring Retiring Staff to Stay Active

**Whilst retirement is something most people look forward to, when the time comes around many people find the prospect of changing to a slower pace of life with less social interaction quite intimidating.**

For those that consider reduced social contact as the most challenging aspect of transition from employment, there are significant well-being benefits to staying active and motivated. Below are some different ways that your staff could consider, to remain active and socially connected once retired.

## Executive Leasing/Contracting/Consulting

Organisations sometimes 'buy in' specialist knowledge and services as they need them, rather than employing people in full-time positions. This may be an option for your current employer.

Individuals have an increasing opportunity to 'sell' their skills and experience to organisations for a specific period, ranging from days to years.

This type of work is either sourced independently through the development of a client base or via one of the many recruitment firms who specialise in Executive Leasing or contracting roles.

## Self-Employment

This form of employment is steadily increasing. Before deciding to move into self-employment, thorough research is required.

There are several organisations available to assist people looking at small business management to ensure that the individual has the necessary skills and experience to ensure business success.

A quick internet search will produce the support services available in your location.

## Temporary/Part-Time Work

This may include:

- Working part-time in the same role or for another company.
- Working fewer hours in a different position in the business, or job sharing with another employee.
- Voluntarily negotiating the role and responsibilities either on a full-time or part-time basis.
- Taking additional leave, leave without pay and/or working from home on a part-time or full-time basis.

## Study Work

Retirement offers people the time to do things they've always wanted to, but never had the time for. It's a great time to go back to upskilling in a particular area, for hobbies and leisure based activities or potential paid work opportunities.

## Volunteer Work

Having a lot of free time on your hands provides the opportunity to give back to the community in a meaningful way. There are a wide range of charitable organisations, clubs, churches, and hospitals that are always looking for volunteer staff. You could also consider supporting your family, friends, or others in the community through things like childcare, mentorship etc. The opportunities are endless, they provide meaningful connections and

## Domestic Work & Hobbies

Stopping formal employment and volunteer work doesn't mean sitting at home with nothing to do. Many retirees remain active through picking up new hobbies such as gardening, painting and playing chess, as well as spending time with loved ones like grandchildren and carrying out domestic tasks like cooking, cleaning and looking after pets.





## Contact Us

Let's talk you through your needs and how we can best assist you.

Give us a call directly on one of our office numbers, or email us, and we'll get back to you quickly and responsively.

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