

**HRDF-SBL
Scheme
Claimable**



MOVING FORWARD: A Pre-Retirement Program

Introduction

A one day program designed to assist pre-retirement individuals in understanding the changes that will impact them when they retire and enable to analyze various options that they may pursue after retirement. This program also will guide individual in managing their financial and how to manage a healthy lifestyle.

Who Should Attend

⇒ Pre-retirement staff

Course Content

- ⇒ From Past to Future
- ⇒ The impact of Change on Self
- ⇒ The Emotional Change Cycle
- ⇒ Getting Unstuck
- ⇒ Employment option after retirement
- ⇒ Knowing your financial situation
- ⇒ Knowing your ideal role
- ⇒ Developing action plan



Duration : 1 day



Wholly Owned By MSU Holdings Sdn Bhd

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