

**DP-55    2 Days (14 Hours)**

## Description

### Who is this training for ?

**For whom****Prerequisites**

### Training objectives

### Training program

#### Piloter ce changement de vie particulier

- Address positively the break with work, relationships and business.
- Identify changes linked to retirement: status; relationships; rhythms; activities.
- Identify and satisfy your fundamental needs: physical; social; intellectual.
- Leave with peace of mind, prepare to pass on your skills.

#### Préparer son projet de vie

- New environment, new family and social relationships.
- New relationship with time and search for one's own rhythm.
- New ideas for activities, leisure activities, volunteering.
- Formalize your life plan in the short, medium and long term.
- Harmonize your life plan with your personal values.

#### Développer des relations harmonieuses

- Tools and advice for managing relationships: everyday couples; elderly parents; grandchildren.
- Get out of loneliness.

## Dynamiser et entretenir sa mémoire

- Know the methods and tools to develop it.
- Train using methods and tools to develop it.
- As a group, we sincerely explore our hopes and fears to refine your life plan after retirement.