

# Active Age Planning Ltd.

Active Age Planning Ltd. (AAP) specialises in supporting organisations and the people within them through training and development. We provide a number of 'services' – all are focussed on helping people plan, grow, develop, change and/or improve. All our services are provided on a bespoke basis as we believe training and development opportunities need to be designed specifically for the organisation and the people within them to be of the best quality, and to achieve the best outcomes. All courses are interactive, focus on the development of skills and provide signposting and/activities to support post course learning and development.

## **Planning for retirement.**

- Planning for retirement. This unit can be offered as a one or two day course, and can also be offered as a small group seminar or a one to one session, on a 'cut down' basis. It explores all aspects of retirement and sets it into a planning framework. It covers the (psychological) impact of retirement; health issues; money matters (budgeting, taxation, State benefits, occupational pensions, etc.); relationships in retirement; legal issues; home and housing matters and use of time, encompassing work/return to the world of work, leisure, volunteering and learning. The unit enables delegates to look over the 'precipice' of retirement and plan a new, full, enjoyable life for themselves and replaces the dread of boredom and loneliness often in people's minds as they consider their retirement.

## **Mid-life MOT**

- Mid-life MOT. This is a one day course that looks at issues that face people in their 40s and 50s when they are more established in their working lives, perhaps thinking about the 'next chapter' and reviewing longer term planning such "am I saving enough for my pension?". Mid-life MOTs were one of several recommendations by John Cridland CBE following his independent review of State Pension published May 2017 and commissioned by the Government.

## **Dealing with aggression.**

- Dealing with aggression. This course will be tailored to meet the specific needs of each organisation and can be offered as a one day or two day course or workshop. It has a strong focus on skill development and provides opportunities to become familiar with and use the skills. We are particularly keen for delegates to bring examples of 'difficult situations' from their own work experience to bring an immediacy and even greater relevance to the course. We cover a wide range of communication skills, providing delegates with a broader 'tool box' of skills to use. Delegates will leave the course feeling more competent, confident and skilled in dealing with 'challenging' people.