COURSE TITLE: RETIREMENT AND PENSION PLANNING: ENCORE/SECOND – HALF CAREER

DATE: **16TH – 18TH SEPTEMBER, 2026**

CLIENT: SSNIT (***COHORT 3)***

VENUE: MINISTRY OF LABOUR, JOBS AND EMPLOYMENT

COURSE COORDINATOR: AFUA KYEMENU CAIQUO (MS.)

3 DAYS

TIME	WEDNESDAY, 16TH SEPTEMBER, 2026	FACILITATOR
09:00 - 10:00 A.M	COURSE OPENING AND PROGRAMME OVERVIEW	**DG/AKC**
10:00 - 10:30 A.M.	**SNACK/COFFEE BREAK**	
	ENCORE/SECOND-HALF CAREER (AFTER-RETIREMENT)	
10:30 - 11:00 A.M.	Identifying viable Business and Income Opportunities	**Mr. Joe Jackson**
11:00 - 12:00 P.M.	Basic Financial Planning, Management and Investment Decision Making	CEO of DALEX Financial Services
12:00 - 01:00 P.M	Building and Sustaining Post-Retirement Professional Networks	
01:00 - 01:15 P.M	**STRETCH BREAK**	
01:15 - 02:30 P.M	Strategies for planning and Preparation of a Will	
02:30 P.M	**LUNCH & CLOSING**	
TIME	**THURSDAY, 17TH SEPTEMBER, 2026**	**FACILITATOR**
	HEALTH MANAGEMENT AFTER RETIREMENT	
09:00 - 10:00 A.M.	Health Risk after Retirement and available Remedies	**Dr. Marian Opoku Ajakpa**
10:00 - 10:30 A.M.	**SNACK/COFFEE BREAK**	Head of Family Medicine – University of Ghana Medical Centre
10:30 - 12: 00 P.M.	Physical Health Maintenance and active Lifestyle Practices	
11:30 - 01 :00 P.M	Emotional Resilience and Post-Retirement well-being Strategies	
01:00 - 01:15 P.M	**STRETCH BREAK**	
01:15 - 02:30 P.M	Emotional Resilience and Post-Retirement well-being Strategies	
02:30 P.M	**LUNCH & CLOSING**	
TIME	**FRIDAY, 18TH SEPTEMBER, 2026**	**FACILITATOR**
	BUILDING NEW SOCIAL CONNECTIONS & FAMILY ROLES	**Prof. Akwasi Kumi Kyeremeh**
09:00 - 10:00 A.M.	Maintaining Friendships beyond the Workplace	Astute Lecturer, Public Speaker & Consultant
10:00 - 10:30 A.M.	**SNACK/COFFEE BREAK**	
10:30 - 12: 00 P.M.	Family Engagement and Community Contribution Strategies	
12:00 - 01 :00 P.M	Institutional Memory Documentation and Knowledge Transfer	
01:00 P.M	**COURSE EVALUATION & CLOSING**	**DG/ AKC**
	LUNCH & CLOSING	