

PREMIER RETIREMENT PREPARATION

Unretired has brought together the pre-eminent experts in retirement health, wellbeing & financial security, in a two day programme.



NO MOTHERHOOD & APPLE PIE

Our programme is designed for intelligent people who don't want to go on a course & be subjected to "motherhood & apple pie" content delivered by questionable "experts".

Tim Latham put together "Unretired" because he was in his late 50s & couldn't find any programme that was designed for professionals who wanted the blue riband of retirement preparation.

Several years ago Tim had the good fortune to attend one of the first "Partner Survival Courses" offered by his "Big 4" firm. He has established the Unretired programme to replicate the quality of that course.

Conversations with others of a similar age confirmed the appetite for such a high quality programme & that it should be delivered by recognised experts calling upon the latest rigorous & preferably peer reviewed research & latest thinking.

Our programme focuses upon the psychological challenges of retirement, avoiding or delaying unwanted health changes, exercise, diet & constructing a financially secure retirement.



SMALL GROUP, BIG BENEFITS

The small group size allows us to create an informal, yet purposeful environment. This is not a "death by Powerpoint" programme. The group sessions might best be described as "guided conversations" where our expert covers the core ground but with enough flexibility to accommodate the group's preferences.

One to one. We also programme in some one to one time where you can start to explore your particular questions & issues that are best discussed a bit more privately.

SPECIALISTS, NOT “PRESENTERS”

Spend time with the people who are the
acknowledged experts.



IF IT'S IMPORTANT, YOU NEED THE SPECIALISTS

We knew the core areas that high achievers approaching retirement wanted us to address; our differentiator has been to find the experts who are the acknowledged leaders within those fields.

On our website there are details of our cadre of specialists. Amongst them are:

Clinical Psychologist, **Linda Blair** who will be familiar to many from her weekly column in The Telegraph. Linda trained at Harvard & the Institute of Psychiatry (London), is an acclaimed author & one of the “go to” experts for the media on psychological issues.

Dr Trisha Macnair is a hospital doctor, specialising in older people's medicine. The author of “The Long Life Equation” & a sought after

medical journalist & broadcaster.

Renee MacGregor is a specialist dietitian, particularly well known in elite sporting circles but equally at home with mere mortals. Renee is the author of several best-selling books, is a frequent media contributor & speaker (including at The Cheltenham Literature Festival & Google).

Leslie Martin is a Professor at La Sierra University, California & the co-author of “The Longevity Project”, the gold standard study into

why some people live longer. Leslie has appeared on many media including Good Morning America, The Wall Street Journal, The New York Times, Readers Digest, Time Magazine.

Rebecca Malcolm is an accomplished sports woman, including Oxford University rower. She graduated in physiology & psychology & has built a reputation for helping people in their 50s & beyond to keep, or regain, fitness, through conventional exercise & pilates.



UNRETIRED

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