

UPMS workshop out to prepare staff for retirement

BINTULU: Universiti Putra Malaysia Sarawak (UPMS) has organised a retirement preparation workshop to help employees develop the psychological readiness and life planning skills needed to transition confidently into retirement.

The 'Next Chapter: Stepping Confidently into Retirement' workshop, organised by the Counselling Section under the Student Management Office, was held on Tuesday for seven staff members scheduled to retire this year and next year.

"The programme focused on preparing participants for retirement through psychological readiness, building a new personal identity, setting life goals and planning for life after their careers," said UPMS.

The workshop was facilitated by UPMS psychological officer Hairunisah Abdul Rahman.



Hairunisah (fourth left) with the workshop participants. — UPMS photo

Participants took part in a series of self-reflection activities using creative approaches to help them identify their personal strengths, life values, social support networks and opportunities to remain active and productive after retirement.

The workshop also provided a platform for participants to

share their experiences, hopes and concerns about retirement in a supportive environment.

In addition, participants were guided in developing personalised action plans to ease the transition from working life to retirement, with the aim of boosting their confidence in adapting to new roles, daily

routines and future aspirations.

UPMS said the initiative reflects the university's commitment to safeguarding the holistic psychological well-being of its staff throughout every stage of their careers, including significant life transitions such as retirement.

The university added that early and comprehensive preparation can help reduce anxiety about retirement while encouraging individuals to view it as an opportunity to explore new potential and continue contributing to their families, communities and the nation.

UPMS hoped the workshop would inspire participants to embrace retirement with confidence, optimism and readiness, enabling them to enjoy an active, meaningful and fulfilling retirement in line with the university's aspiration of promoting the well-being of its community.