



Social Health in Retirement

A practical training program for people preparing for life beyond work.

Retirement is not only a financial transition, it is a social transition.

Why this matters

Many people enter retirement financially prepared, but still feel unprepared for the social and emotional shift. When the social side of retirement is overlooked, individuals may struggle to adjust and wellbeing can decline over time.

Common experiences include:

Narrowing social circles | Fading sense of purpose | Changing routines

Who's it for?



Organisations

- Superannuation providers
- Financial planners
- Health insurers
- Local governments



Participants

- People approaching retirement
- People recently retired

A practical first step towards connection.

Social Health in Retirement is a clear, accessible training program that helps people navigate the social, emotional and identity changes of retirement.

- ✓ Understand how connection and loneliness shows up during times of transition
- ✓ Recognise the changes in identity, routine and relationships
- ✓ Take simple, practical steps to strengthen meaningful connections

Delivered in Partnership

Humans:Connecting and **Inclusee** combine expertise in human connection, loneliness, and community-based support to deliver practical, evidence-informed training.

Work from **Humans:Connecting** has been featured in:

NEWS | **Science** | **BBC**

Take the next step - book a discovery call:

Explore how Social Health in Retirement can strengthen connection across your organisation or community:

- 1-hour seminar or webinar**
awareness and first steps
- Half-day workshop (3 hours)**
understanding and application
- Full-day workshop (6 hours)**
integration and planning



Empowering Australians
to live socially well before,
during & after retirement.