

# Cowrie Partners

Thursday November 21 & Friday November 22, 2019  
Topaz Suite, Eko Hotels & Suites, Adetokunbo Ademola  
Street, Victoria Island, Lagos.  
Time: 9.00 am

## PRE-RETIREMENT PLANNING SEMINAR

### What Does the Course Offer?

Many members of staff approach retirement from paid employment with apprehension and anxiety because they are often not prepared emotionally and psychologically to handle the transition. This anxiety may then affect staff's productivity whilst still in their present role.

To address this, Cowrie Partners presents this 2-day Seminar which we have designed to expose participants to the knowledge and skills required to allay the fears of retirement and make the transition as seamless as possible. The essence is to ensure that participants are mentally and financially prepared to cope with the challenges of life post-retirement. That way, you would have addressed staff productivity problem in later career period and get your people well prepared for retirement.

### What are the objectives of this programme?

At the end of the Seminar, participants would be able to:

- Understand the changes that usually come with retirement and develop strategies for managing them effectively;
- Appreciate the objectives and salient provisions of the Pension Reform Act, 2014;
- Prepare and implement a personal financial plan that would enable them to live a fulfilled lifestyle post-retirement and
- Set up and manage a business successfully.

### Who Should Attend?

- ✚ This programme is designed for individual employees or groups of employees who are within 10 years of Normal/Voluntary Retirement and Staff aged 40 years+.

### Course Outline

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| <ul style="list-style-type: none"><li>• Gearing up to Retirement- Understanding the Transition: Key Issues and Challenges Confronting Retirees</li><li>• An Overview of the Pension Reform Act, 2014</li><li>• Retirement Benefits Under the Current Scheme</li><li>• Issues &amp; Challenges Arising from the Pension Scheme</li><li>• Investing for Retirement: Available Options and Selection Criteria</li><li>• Personal Financial Planning</li><li>• The Basics of Entrepreneurship- Setting Up and Operating a Business: Legal Issues-Developing a Business Plan &amp; setting up a Business</li></ul> | <ul style="list-style-type: none"><li>• Managing Costs</li><li>• Dealing with Risks</li><li>• Basic Record Keeping and Accounting</li><li>• Personal Effectiveness</li><li>• Healthy Ageing</li><li>• Supporting a Healthy Lifestyle</li><li>• Tips for optimizing Leisure Time</li><li>• Relationships: Building a Support Network</li><li>• Staying Connected with family, friends and the community</li><li>• stress Management</li><li>• Strategies for Growing a Business and Managing it Profitably</li><li>• Expanding the Customer Base</li></ul> |
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## COURSE DIRECTORS



### GODWIN ODAH

Mr. Odah manages GOODWINS CONSULTING LTD, a company focused on Training and Business Advisory services. He had a sterling career in the Insurance and Risk Management industry, beginning with Nigeria Reinsurance Corporation and ending with Union

Assurance Company Plc where he presided as MD/CEO from 2009 to 2015 when he took an early retirement to start a new career in consultancy. He obtained his first degree in History from the University of Nigeria, Nsukka in 1978 and an MBA from Lagos State University. Apart from being trained extensively locally and internationally himself, Mr. Odah was a Visiting Lecturer at the West African Insurance Institute in The Gambia for several years and is currently the Chief Examiner for Marketing & Management for the same Institute.

### ISAAC AJILIMA

Mr. Ajilima was an Assistant General Manager with Union Bank of Nigeria Plc. Prior to joining the bank in 2005, he was the Director/Head of Training at the Financial Institutions Training Centre. He was at various times, the Head of Research and Consultancy Departments of the Centre. Isaac was also a lecturer in the Economics Department, Ahmadu Bello University, between 1985 and 1991. He graduated from Ahmadu Bello University in 1981 as the best graduating student in Economics Department and obtained an M.Sc degree in Economics from the University of Jos in 1984.

## ABOUT US

The Training arm of **Cowrie Partners** provides industry relevant practical learning through carefully designed courses delivered by expert speakers. Cowrie Partners is a firm of commercial lawyers focused on responsible and ethical finance and investments. Our areas of practice cover financial institutions, power projects, oil & gas, real estate and infrastructure finance. We are committed to delivering interactive and sector specific training solutions that provide learning outcomes directly transferable to the business challenges faced by our delegates.

## REGISTRATION FORM

**Registration fee: N170, 000 per delegate.**

**Contact: Ibironke Idowu:**

 [ibironkeidowu@cowriepartners.com](mailto:ibironkeidowu@cowriepartners.com)

 **09086318484; 08060427150**

**Contact: Chinazom Nwawulu:**

 [chinazomnwawulu@cowriepartners.com](mailto:chinazomnwawulu@cowriepartners.com)

 **09086318486; 08169227939**

**Please register the following persons as our Delegates:  
3 nominations and above gets 10% discount:**

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| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

Name of officer making the Registration:

Title:  
Signature:  
Date:  
Telephone:  
Email:  
Company Name:

**Registration fee: N170, 000 per delegate payable through any of the Cowrie Partners Accounts below:**

**Account Name: Cowrie Partners**

**Bank: First Bank**

**Account Number: 2024471444**

**Account Name: Cowrie Partners**

**Bank: Access Bank**

**Account Number: 0717147461**

**Account Name: Cowrie Partners**

**Bank: Union Bank**

**Account Number: 0039238024**

**Account Name: Cowrie Partners**

**Bank: Stanbic IBTC Bank**

**Account Number: 0005083913**