

Cate Americano Inspiration Cafe

Sheena Stow-Smith AdviceLink

**Sam Mantarro** Trilogy Private Wealth

Allianz Retire+



### **OUR PANELLISTS**



Cate Americano
Founder | Director | CEO
Inspiration Cafe



Sheena Stow-Smith
Founder | Managing Director
AdviceLink



Samuel Mantarro
Director
Trilogy Private Wealth

#### PHASES OF RETIREMENT

Phase 1: Imagination (6-15 years before retirement)

Phase 2: Anticipation (up to 5 years before retirement)

Phase 3: Liberation (retirement day and the year after) or Honeymoon

**Potential: Disenchantment** 

Phase 4: Reorientation (2-15 years after retirement)

Phase 5: Reconciliation (normally 16+ years after retirement but can be sooner)

https://www.superguide.com.au/in-retirement/how-navigate-5-stages-retirement

https://www.investopedia.com/articles/retirement/07/sixstages.asp

#### THE JOURNEY - PHASES OF RETIREMENT

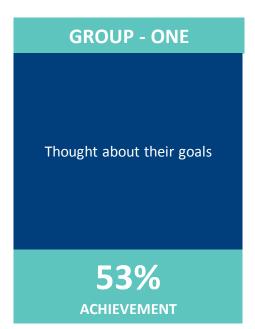


#### THE JOURNEY – THE PLAN AND GOALS

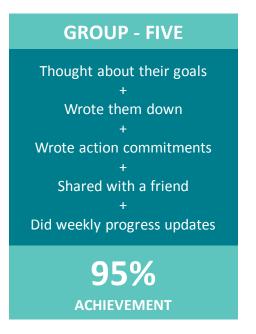


#### **GOAL SETTING**

#### **Dominican University research by Professor Gail Mathews**







https://www.dominican.edu/sites/default/files/2020-02/gailmatthews-harvard-goals-research summary.pdf

### **DREAMING AND DOING**



#### My VALUES

In this exercise, identify your own personal Values by thinking about the 'ideal and real you'. From the list belowcircle 10 Values that resonate with you most.

Abundance	Clarity	Discipline	Freedom	Integrity	Peace	Significance
Accountability	Comfort	Diversity	Friendship	Intelligence	Perfection	Simplicity
Achievement	Community	Education	Fulfillment	Intimacy	Persistence	Spirituality
Action	Competence	Effectiveness	Fun	Kindness	Philanthropy	Spontaneity
Adventure	Competition	Empathy	Gratitude	Knowledge	Play	Stability
Ambition	Connection	Energy	Growth	Leadership	Pleasure	Status
Autonomy	Contribution	Enthusiasm	Happiness	Legacy	Power	Strength
Awareness	Control	Environment	Harmony	Liveliness	Privacy	Success
Balance	Cooperation	Ethics	Health	Love	Recognition	Teamwork
Beauty	Courage	Excellence	Helping Others	Loyalty	Relationships	Tradition
Being the Best	Creativity	Excitement	Honesty	Meaningful Work	Religion	Truth
Calmness	Curiosity	Fairness	Honour	Money	Respect	Vigour
Challenges	Decisiveness	Fame	Humility	Nature	Safety	Vitality
Change	Determination	Family	Independence	Order	Security	Wealth
Cheerfulness	Development	Flexibility	Inspiration	Passion	Service	Work Ethic

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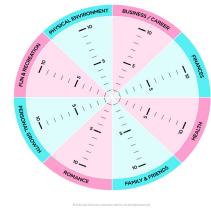
#### How happy are you?

There are 8 sections in the Wheel of Life that represent different aspects of your life. Rate your satisfaction with each section, 1 = least satisfied and 10 = most satisfied.

Draw a line to connect the dots between each rating. The new perimeter represents your Wheel of Life. Have a look at your Wheel, if this were a real wheel, how bumpy a ride would it be? How balanced is your life?

What are the top 3 areas you would like to focus on in the next 12 months?





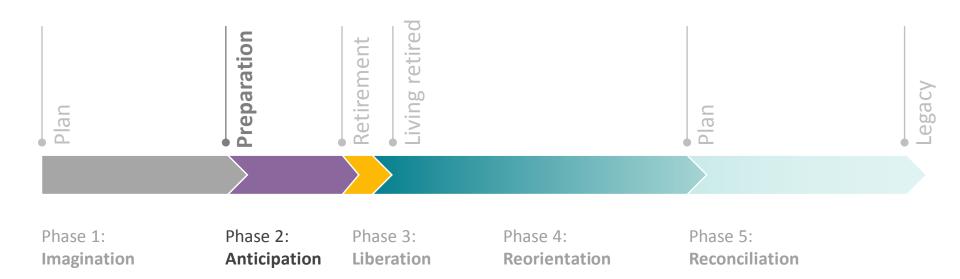




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Source: InspirationCafe Life Designing and Career Designing - Financial Planners Aug 2021

# **THE JOURNEY - PREPARATION**



### **THE JOURNEY - LIBERATION**



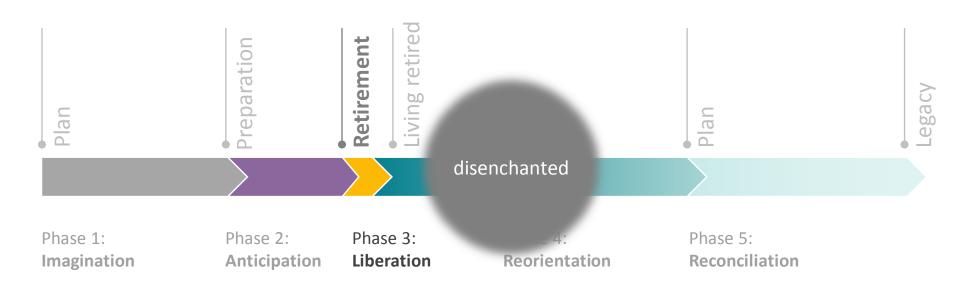


#### **POLL**

Do you have any clients that: (multiple answers allowed)

- A) deferred retirement in the last 12 months
- B) retired early by choice in the last 12 months
- C) have been forced to retire in the last 12 months
- D) will be retiring as planned the in next 12 months

### THE JOURNEY - LIBERATED AND DISENCHANTED



# **THE JOURNEY - REORIENTATION**



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### **MANAGING RISKS**

Clients prioritised managing five key risks when making their retirement income plan.

65% health risks (unforeseen medical expenses)

**58% market risks** (volatility, inflation, insufficient returns)

46% longevity risk

**42% political risk** (policy changes, tax rates)

**39% personal/household risk** (other non-health-related expenses)

Investors are most concerned at the beginning of their retirement journey.

Source: Managing Misbehaviour: Rational Choice in an Uncertain Retirement - Behavioral Insights | Aug 2021 - PIMCO

#### LIFE EXPECTANCY

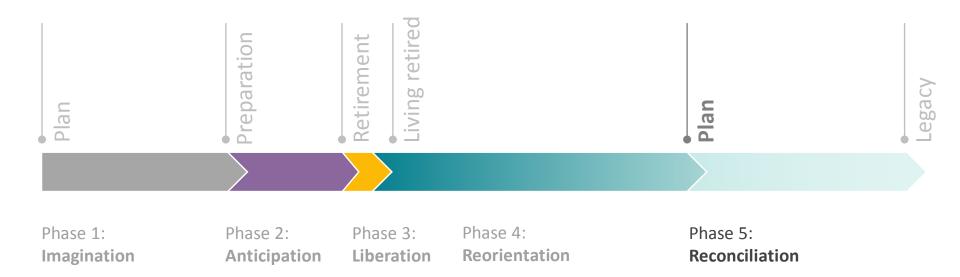
If you have a 65 year old couple, there is more than a 1 in 3 chance that one of them will be alive at age 95.

The average life expectancy for a
65 year old is 85 years
for males and 87 years for
females, but average is not what
we should be planning for.

(1 Australian Life Tables 2015-17, www.aga.gov.au/publications/life\_table\_2015-17

2 Assumes 25 year improvement mortality rate, four years of mortality improvements and future mortality improvements.)

### THE JOURNEY - RECONCILIATION



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maintaining independence and staying in the **home** is the thing they value most in retirement.

### THE JOURNEY - LEGACY

Phase 2:

**Anticipation** 



Phase 4:

Reorientation

Phase 5:

Reconciliation

Phase 3:

Liberation

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Phase 1:

**Imagination** 

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#### **VALUE OF ADVICE**

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Advisers can play a crucial role at critical junctures in a retirees life, improving resilience and wellbeing by considering broader circumstances in conjunction with financial outcomes.

#### **HOLISTIC ADVICE**

Awareness of phases and challenges retirees face, drawing on the expertise of specialists plays a critical role in addressing long-terms interest of the client.

#### RETIREMENT IS DIFFERENT

Decummulation requires retirement specific frameworks for decision making, planning, investment strategies and product solutions to address unique risks and needs.



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