

Planning for Retirement? Support When You Need It Most

Retirement is one of life's biggest transitions, and it's normal to feel a mix of excitement and uncertainty as you prepare to take this step.



Employee Counselling

Employee Counselling can help you:

- Navigate uncertainty — Explore your hopes, concerns, and expectations for life after work.
- Strengthen relationships — Adjust to shifts in routines, roles, and dynamics with your partner, family, or friends.
- Find new structure and purpose — Learn strategies to create meaning, routine, and connection outside of the workplace.
- Build resilience — Prepare for the psychological, social, and lifestyle changes that retirement can bring.

Whether it's preparing in advance, adjusting during the transition, or maintaining wellbeing afterwards Converge helps ensure retirement isn't just an ending, but the beginning of a fulfilling new chapter.



Family Counselling

Family Counselling supports spouses and couples to:

- Discuss how retirement may impact your relationship
- Improve communication and expectations
- Build shared strategies for managing change
- Strengthen connection and prepare proactively



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Financial Coaching

Financial Coaching for Retirement Readiness. Retirement isn't just a lifestyle change - it's a financial shift that requires careful planning, consideration and confidence.

Our experienced financial coaches can support you with:

- Retirement planning clarity — Understand how your superannuation, savings, and entitlements will support your goals.
- Budgeting for change — Develop strategies to manage reduced income while maintaining quality of life.
- Debt management — Work through any outstanding financial commitments before retirement.
- Building financial confidence — Learn how to make informed decisions without pressure from external providers.

Accessing financial coaching in the years leading up to retirement ensures you are empowered to embrace this next chapter financially prepared, informed and confident.



Nutrition Coaching

Good health is the foundation of enjoying retirement. Nutrition support helps you:

- Build sustainable habits for energy and wellbeing
- Adjust eating patterns to suit changing routines and health needs
- Prevent common age-related health risks
- Create practical, enjoyable approaches to food and meal planning

Give yourself the best chance to live well and stay active throughout retirement.



Retirement doesn't have to be overwhelming. Converge is here to help you prepare, adjust, and thrive - every step of the way.



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