

Retirement Information for Staff of Maynooth University



Thinking about your Retirement

There are a number of supports available to staff at different stages of their career to help them plan towards their retirement.

Mid-Career Planning for Retirement

1. Mid-Career Planning for Retirement

This course is facilitated by the Retirement Planning Council (RPC) and runs on campus.

The course is aimed at staff who are mid-career (age bracket c40 – 55 years).

Time: 10:00 - 15:30

Module 1: Financial Planning

The module will focus on what changes over the span of one's working life. How do patterns of expenditure alter - mortgage, education, etc.

- Protecting your family's finances: mortgage protection, serious illness, etc.
- Budgeting
- Investment objectives and decision making.
- Additional Voluntary Contributions – (AVCs) explained.

Module 2: Taxation

- Personal Tax Credits.
- Capital Gains Tax.
- Gift Tax.
- Inheritance Tax.
- Health Expenses.

Module 3: Legal

- Having your affairs in order.
- Wills.
- Power of Attorney/Enduring Power of Attorney.
- Assisted Decision Making (Capacity) Act 2015.
- Personal Affairs Checklist.
- Inheritance.

Module 4: Planning for the Future

- Analysis of workshop outputs.
- Financial Planning Checklist.
- Recommendation reading and resources

This course does not deal with MU Pensions. Please note for specific queries on your pension benefits please contact the University's Pension Liaison officer pensions.office@mu.ie

Post Course Support:

All course participants are entitled to lifetime access to the Executive Coach and Specialist Speakers after they have completed the course. This is to allow people to pose questions they may not feel comfortable discussing in a group setting. It also provides an opportunity for participants to address issues that might arise on reflection after they have attended the course. This service is free. Contact details will be provided at the course.

This course runs once a year and places are limited. To book a place on this course you need to apply through [Employee Self Service \(ESS\)](#). Please add your name to the waiting list if no course is currently scheduled.

Approaching Retirement

2. Planning for Retirement Course

This programme is suitable for staff who are 18 months to 3 years away from their retirement date. Retiree's spouse/partner may also attend.

Planning for Retirement is a course organised by HR and facilitated by the Retirement Planning Council (RPC) in Dublin.

This course aims to promote a holistic approach to retirement planning where financial preparation is not the only focus.

Course Topics:

Finance (Investment, Tax, Pensions)

A look at what the person wants and needs financially taking investment, tax and pension issues into account. Simply, it is important to think what you want to do and then consider the Revenue implications.

Healthy Living (Diet Exercise and Mental Health)

We discuss the requirements in each of the areas above so that the chance of a long healthy and enjoyable retirement are improved.

Social Welfare Entitlements

State pensions are discussed as well as the other benefits to which you may be entitled.

Legal (Wills, Enduring Powers of Attorney and Advance Healthcare Directives)

The importance of making a will (and perhaps setting up an Enduring Power of Attorney) is discussed in detail.

Mental Stimulation Hobbies

Research shows that most of us get our mental stimulation from the work we do. When work is no more where will you get this challenge? An active brain contributes to a healthy retirement.

Social Engagement

The importance of real social networks (not Facebook, Twitter, and so on.) is important. We discuss how to develop new and maintain existing social networks.

Develop Your Personal Plan

As people go through the course various items will impact. These are captured at the end of each session and developed into a prioritised plan before the end of the course. All participants leave with a clear idea of what they want and need to do to maximise their next stage of life.

3. Your Retirement Course

This course aims to promote a holistic approach to retirement planning with a focus on preparing for the change which retirement brings to your life. The course looks at the social planning side to retirement. It is recommended you complete this course within a year of retirement.

Course Content

- Mental Stimulation
- Social Engagement
- Developing a Personal Plan

Leave with the skills to plan and enjoy your retirement effectively.

Pensions Information and Queries

<https://www.maynoothuniversity.ie/human-resources/pension-information>

Maynooth University Pensions Liaison Officer email - pensions.office@mu.ie

Following Retirement

Maynooth University Retired Staff Association:

On retirement MU retirees are invited to join the Maynooth University Retired Staff Association – further information is available on their [website](#)