

## **PIONEERING NEW PATHS AND POSSIBILITIES FOR RETIREMENT WITH PPS**

Navigating the ever-evolving landscape of financial security and varying tides of retirement can be overwhelming, especially when one considers that financial planning is only one piece of the retirement planning puzzle. Retirement reinvented, incorporates a sense of longevity, health and wellness, lifelong learning, social connections, and purposeful engagement in activities that bring joy and meaning. Including holistic retirement planning which requires understanding the various facets contributing to a fulfilling and sustainable post-career life.

A packed lineup awaited guests at the recent PPS Retirement Summit which was held at the Marriott in Melrose Arch on Saturday 4 November.

Keynote speakers made up of investment and personal finance specialists, a futures strategist, psychologist, and with proceedings facilitated by award-winning financial journalist, Fifi Peters, the PPS Retirement Summit showcased how to pioneer new paths and possibilities when it comes to reinventing retirement.

Ayanda Seboni, Head of PPS Mutuality, welcomed delegates and outlined the importance of this summit, which is now in its third year, held in association with Business Day and Financial Mail. Seboni said that along with the intermediaries and advisors in attendance, PPS's priority is taking care of the financial resilience of graduate professionals, who are a vital engine of the South African economy.

She added that information is power, and that the goal of the summit is to have those who attend, put action into what they have learnt. Given the rising cost of living and the poor savings culture in South Africa, retirement cannot be implemented at a crisis stage but rather something that needs to be considered and actioned as early as possible in one's career.

### **Planning for the retirement you deserve**

Portfolio Manager at PPS Investments, Luigi Marinus, was the first keynote speaker on the day and addressed the issue about how to prepare for the retirement you deserve.

While client behaviour may favour cash investment given its lower volatility, a more balanced portfolio that incorporates higher risk investments may mean higher returns. Although there is no way of

knowing when those higher returns are going to happen, you need to plan for what the most likely outcome will be. Marinus reiterated the importance of partnering with the team of specialists at PPS who can work with you on your retirement portfolio to strike the right balance, manage the potential downsides and make the necessary recommendations for your individual circumstances, based on your specific needs and risk tolerance.

### **Retirement Honeymoon**

Founding Editor of Personal Finance and author of the Ultimate Guide to Retirement, Bruce Cameron, addressed guests about the various facets of the retirement and provided useful tips, whether someone is actively seeking a change in their retirement, or wanting to settle into a comfortable new normal.

While the initial stages of retirement are often described as the retirement honeymoon, most of retirement can be a honeymoon if the planning and saving is done properly and informed financial decisions are made and adhered to during retirement. He added that besides the financial side of things, staying medically fit is vital to enjoying and making the most out of your retirement, and can also go a long way in saving on medical costs.

Additional tips conveyed by Cameron in planning retirement is to always consider your partner, and to be very cautious when using your retirement savings to open a business. Depending on your skill set, consider doing locums or consulting, but don't risk your retirement capital.

### **The Emotional peaks and Troughs**

After an interactive panel discussion where a variety of experts outlined the types of challenges faced by clients as they approach and enter retirement, clinical psychologist Dr. Colinde Linda shared more about the transition from busy working days to a seemingly idle life, which for many can be overwhelming. Once the initial excitement of retirement begins to fade, feelings of loneliness, anxiety or even depression can follow. Dr Linda shared various tools and techniques to mentally prepare for retirement, and how to best work through these challenges to assist you in navigating the emotional peaks and troughs of retirement.

### **Pioneering new paths and possibilities**

Joining from Texas in the US, leading futures strategist and author, John Sanei, delved into the seismic shifts reshaping all our futures. He provided key insights and tools to rethink and reimagine

retirement for success, and the need to make decisions with a calm heart and how to deal with uncertainty and excitement with more ease. He spoke about the technological advancements, geopolitical and economic cycles, and how these dynamic changes are affecting our emotions and behaviour.

Using the processes of play, meditation, trauma, healing and getting our emotional states to a space that enables us to become naturally hopeful, naturally courageous, and naturally adaptable is vital in a world that is constantly changing.

To conclude the day's proceedings, Ayanda Seboni reiterated PPS's unique brand promise and defining factor, mutuality. Where graduate professionals work together to protect every member's financial future.

Each year when PPS declares their profits or losses, all operating profit that PPS makes after expenses and funds retained as per regulatory requirements, is redistributed to members into their notional PPS Profit-Share Account™, irrespective of claims they may submit. The ethos of mutuality is at the heart of and fundamental to the success of PPS, the only mutual financial services company in South Africa.

With financial stability, renewed purpose and optimism for the future, these professionals can focus on initiatives and priorities that are important to them now, and into their retirement.

*PPS Insurance Company Limited is a licensed insurer conducting life insurance business, a licensed controlling company and an authorised financial services provider.*

*Members holding qualifying life-risk products share in the profit and the loss of PPS through the notional PPS Profit-Share Account™ and past performance is not necessarily indicative of future performance.*