

Beyond the job: Find your relevance in retirement

A job gives an individual a sense of purpose. A job gives you the opportunity to do something that matters to customers, to a company or to a community. It motivates you to maintain and upgrade your knowledge and skills to stay relevant and in tune with what your audience wants and needs in your professional life.

On the other hand, “being relevant” in your personal life means meeting the wants and needs of your family, friends and yourself. What it means to “be relevant” changes over your lifetime. It’s different from professional success.

Being relevant in retirement means staying actively involved and engaged in life. It is about continuing to evolve as a person, learn new things and contribute your skills, knowledge and experiences in ways that are meaningful and beneficial to you and others.

A big priority is to stay mentally or physically involved with things that are important to you. Happy, healthy retirees have something that motivates them to get up in the morning. What is that for you?

Here are considerations to help you stay active and engaged in retirement:

- 1. Pursue lifelong learning:** Engaging in continuous learning keeps your mind sharp and helps you stay up-to-date with current trends and developments. Attend seminars, workshops, or take online courses on subjects that interest you.
- 2. Volunteer your time:** Find meaningful volunteer opportunities in your community or join organizations where you can contribute your skills and expertise. This allows you to make a difference and stay connected with others.
- 3. Stay active and maintain good health:** Physical well-being is crucial to stay engaged. Exercise regularly, eat a healthy diet and prioritize self-care. Staying active will give you the energy and vitality to pursue various activities.
- 4. Explore new hobbies and interests:** Retirement offers a great opportunity to explore activities you may not have had time for before. Try new hobbies; discovering new passions keeps your mind engaged and fosters personal growth.
- 5. Embrace technology:** Technology plays a significant role in society today. Staying up-to-date with technology trends enables you to connect with others, access information and engage with online communities.
- 6. Network and maintain relationships:** Cultivate and maintain relationships with friends, family and colleagues. Networking helps you stay connected and opens up new opportunities.
- 7. Share your knowledge and experience:** Consider mentoring or coaching others in your field of expertise. You can offer guidance and support to younger professionals.
- 8. Stay informed and engaged:** Keep up with current affairs, read books, newspapers or follow online publications. Stay informed about the world around you and engage in discussions on topics that interest you.
- 9. Embrace new challenges:** Be open to new experiences and challenges. Step out of your comfort zone and take on projects or activities that stretch your abilities and interests. This will help you to continue to learn and grow, while remaining relevant and engaged in the process.

Retirement is a new stage that may scare some. Walt Mossberg, former Editor and Reporter at The Wall Street Journal reporter once said, "I see retirement as just another of these reinventions, another chance to do new things and be a new version of myself." By staying relevant, you can ensure that you are an active participant in the world around you – it's time to explore a new you.

Interested in other resources?

Check out Sun Life Global Investment's [Retirement Hub](#) to learn more.

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