



# LEARNING THROUGH LIFE





**Life Academy is an educational charity. As the national centre for life planning, we help individuals to prepare for life's next steps.**

Our academic research brings new thinking to the rapidly evolving world of life planning and our education programmes offer practical ways of dealing with life change. Having started as the Pre-Retirement Association over 40 years ago, Life Academy is a natural evolution of thinking to prepare individuals for the demanding challenges that now face us in the 21st century.

# THE CHALLENGE

**As a nation, we are ill-prepared for the significant challenges ahead. The landscape of change at the start of this century has placed increasing responsibilities firmly on the shoulders of the individual and the evidence suggests that, as people progress through life, they are going to find it increasingly challenging.**

When it comes to planning our finances, our disregard for the future is immediately evident. Millions of us are saving too little, or nothing at all, towards retirement. Rather, Britons are amassing increasing levels of debt, borrowing against their future earnings, either unaware of the difficult circumstances that they will encounter later in life or unsure of how to plan for them.

Our national attitudes regarding our health and well-being are equally short-sighted. Our diet, our weight and our habits such as smoking and drinking illustrate the extent to which individuals in Britain today prioritise the present at the expense of the future.

Under pressure to choose the “instant” option, the health service are treating the symptoms, while the underlying causes go ignored.

The first step must be to educate individuals to understand and manage a holistic approach to their own life styles.

**Helping individuals deal with issues of life change now, will have significant benefits for society in the future**

In both finance and health, the importance of adequate preparation for the future is all the greater given our increasing longevity. As the British population ages, more people will have to be supported for longer by a shrinking workforce. Helping individuals deal with issues of life change now will have significant benefits for society in the future.

Preparing individuals for life change has never been a more pressing issue. The incoming tide of ageing baby-boomers is unstoppable and fast approaching. The cost of failure will be great, both at an individual level and on society as a whole. The benefits of success mean that the entire population will be positively contributing not only to the nation, but also to their personal wellbeing and those around them.

**Preparing individuals for life change has never been a more pressing issue**

It is here where Life Academy finds its challenge. Our extensive professional network and focused research into these issues, bring new thinking into this difficult area, while our education programmes deliver practical methods to deal with life change. We exist to build awareness, promote understanding and implement solutions at every level of our society.



## PREPARING FOR LIFE CHANGES

**Life Academy prepares for life change through learning with programmes designed to help individuals plan for the future.**

We focus on the vital subjects that remain outside traditional education such as increasing financial awareness, mid-life changes and departure from full-time paid work. Using proven techniques such as interactive websites, workbooks and seminars, Life Academy provides practical information to prepare individuals for life change.

Our focus has traditionally been on mid-life onwards. However, we recognise that essential education on life issues must start earlier in order to be effective. We also recognise that key events in life such as redundancy, divorce or illness prompt individual actions and we understand the needs of individuals around these critical periods.



## PROVIDING ACADEMIC PROGRAMMES

**Life Academy provides academic programmes for individuals to acquire professional qualifications in life planning.**

We offer opportunities for those wishing to further their academic studies or to train for a new career through on-site and distance learning programmes. Our research capabilities ensure that our courses and materials are relevant, accessible and highly-effective, providing the leading thinking in this field.

In association with the University of Surrey, we offer post-graduate programmes. As an introductory level qualification, we also offer a Professional Development Award in Life Planning. Completion of these qualifications allows incumbents the opportunity to join Life Academy as a trainer, facilitator or tutor, working with us to further our objectives.



## HELPING COMPANIES TO SUPPORT THEIR EMPLOYEES

**Life Academy works closely with companies as they support their employees through their working lives.**

The last ten years has seen the workplace change dramatically. The traditional concept of retirement has lost its clarity and an employee staying with the same employer for life is increasingly rare. Most employers remain committed to supporting their workforce, despite the challenging pensions backdrop and increasing budgetary constraints.

Life Academy can design and deliver cost effective courses specifically for a company's workforce, or train certain staff members to disseminate our knowledge within the organisation. We offer on-going support to HR and Pensions departments in order to share our experience, thinking and on-going research findings.



## WORKING WITH GOVERNMENT TO REACH SOLUTIONS

**Life Academy works with Government departments and associated bodies involved in financial capability and the impact of demographic change.**

Britain's approach to life planning is among the world's most advanced and owes much to Government support and initiatives that have evolved thinking or implemented practical solutions. Much has already been achieved, but the road ahead remains long.

Using our considerable experience and access to relevant professional networks, we are able to research effective delivery mechanisms, addressing such issues as improving financial awareness, age diversity in the workplace and an ageing population.



## RAISING STANDARDS

**Preparing all individuals for life change has now become an urgent challenge for this country.**

The consequences of ignoring the future challenges are severe. At present individuals appear unaware of the urgency or are unsure how to face up to these demands. At Life Academy, we are committed to raising awareness of the issues and providing effective solutions.

Our Professional Institute ensures the highest professional standards throughout all our programmes. These programmes develop professionals who are then properly educated and equipped to train others in the essential field of life planning. Through our expanding networks and unique knowledge base we aim to elevate awareness so that coping with life change and taking personal responsibility runs through the fabric of our society in the century ahead.



## CONTACT US

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