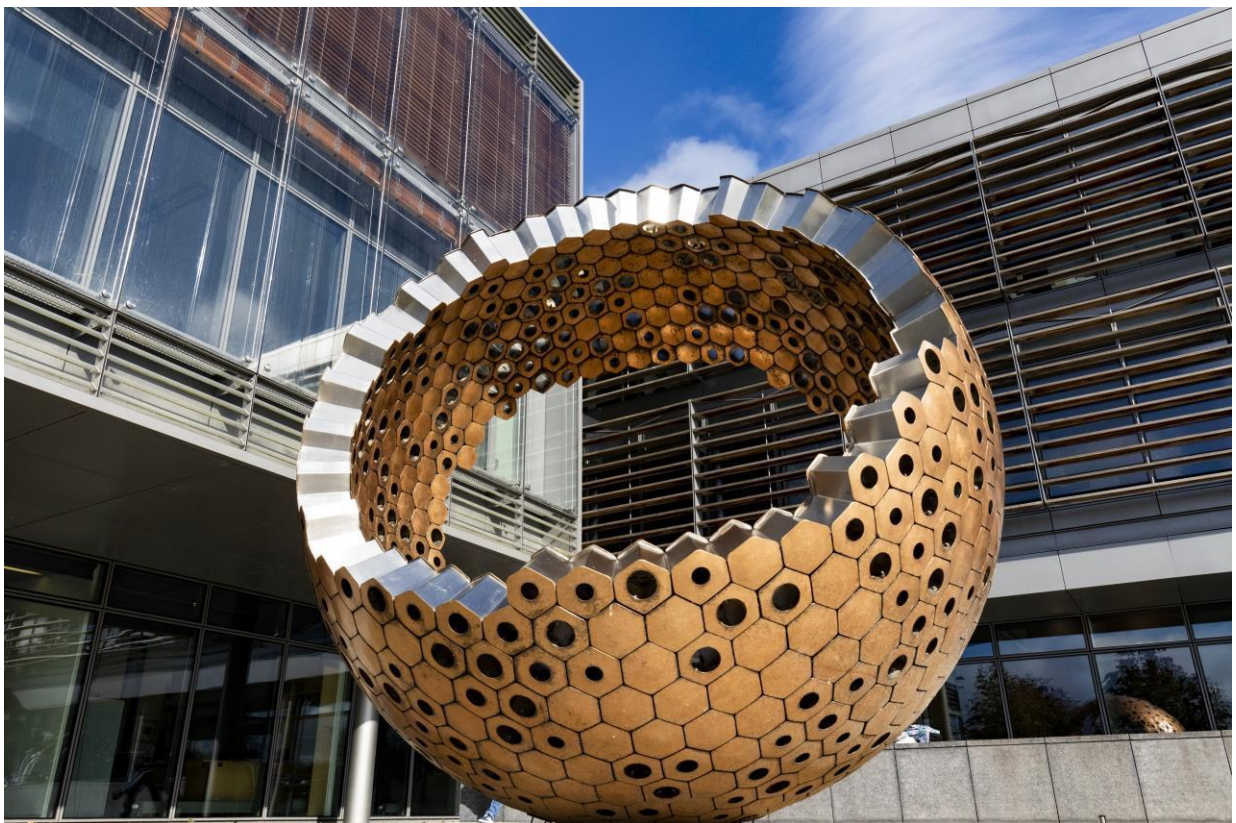


Retirement Information for Staff of Maynooth University



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Mid-Career Planning for Retirement

Mid-career Planning for Retirement is a course organized by Learning & Development, HR and facilitated by the Retirement Planning Council (RPC)

This course is aimed at MU staff who are at the mid-point in their career (age bracket c35 – 50 years).

This programme will discuss financial planning and different types of pensions in the public sector at a high level only. 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 \(ESS\)](#).

Approaching Retirement

Recommended Course:

Planning for Retirement is a course organized by HR and facilitated by the Retirement Planning Council (RPC)

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

- Change
- Finance
- Healthy Living
- Social Welfare
- Legal
- Mental Stimulation
- Social Engagement
- Developing a Personal Plan

MU staff who are due to retire are contacted by Human Resources approximately 6 months before their retirement date inviting them to attend this course. Retiree's spouse/partner is also invited to attend.

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](#)

Pensions Information

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

Pensions Queries

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

