



SENSE OF PURPOSE

Making a Difference | At a Glance

Karen Thompson
Tesco
Customer Service Desk

Karen Thompson, who works at the customer service desk at Tesco, attended a Sense of Purpose (SOP) workshop to gain insight into retirement and how to make the most of her extra time. She shared her motivations:

"Get a little more insight into what Retirement actually meant, and how extra time could be spent and not wasted. I also required a little more help/guidance with the financial side of retirement. I don't have a private pension and will be relying solely on my State Pension."

Before attending the SOP workshop, Karen acknowledged the need for more information about her retirement options. She admitted,

"I must admit that my retirement age has crept up quicker than I thought, and hadn't really given the extra time available much thought at all."

Since attending the workshop, Karen has started to formulate her plans for the future.

"It's given me more to think about, and the opportunities available and new challenges to take on..."

KAREN THOMPSON | TESCO



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"I feel very confident that I'll adapt to the changes that retirement will bring, new horizons, new challenges"

"I'd recommend that people attend the Workshop, I think a lot of people forget that there is so much more out there, I think the Workshop highlights new things that perhaps people haven't thought about, with them being busy in their working lives, as I've said previously, my retirement has crept up on me, and I think this could be the case with a lot of people."

