



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



...I am planning on having a conversation with my present employer to see if there is an option to decrease the hours I do at present, and I would like to think this is available, if not I'll certainly be leaving where I am at present, I'm fully prepared to decrease my hours. I've looked into volunteering, the positions open to me, with my skill set would be to engage with Citizens Advice, in the offices/reception."

Karen expressed confidence in adapting to the changes that retirement will bring:

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

Karen shared that she would recommend the programme to others.

"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."

