

## **Financial and Retirement Planning Webinars**

TIAA-CREF is now offering a new service with online educational webinars for participants on a range of topics on planning and saving for retirement. The webinars average about 30-45 minutes in duration. Please see the attached list of webinars for more information

- Spending within your means
  - Inside Money: Managing Income and Debt
    - *People talk about a budget, but how many actually make one? Let us help you learn valuable debt management skills.*
- Saving for Life's Milestones
  - Charting Your Course: A financial guide for women
    - *This webinar is designed to help you understand finance and investing basics so you can create a financial plan that's right for you.*
  - The Starting Line: Why and How Retirement Savings Should Begin
    - *Sometimes it's hard to think about retirement when you're early in your career. The truth is, that's when thinking ahead can do the most good! It all starts with some practical knowledge. Learn how to get ahead of your retirement saving with some tools and advice you can use right now.*
- Planning for Today and Tomorrow
  - She's Got It: A Woman's Guide to Saving and Investing
    - *Review core concepts that guide all investing, get motivated, build a plan and take action. Also, discover more about yourself with a Financial Personality Type Quiz.*
  - Saving for your ideal retirement
    - *Learn how to create an effective plan to maximize your retirement potential, understand the real benefit of time in regard to saving, and learn the essential features of retirement investments.*
  - Attention to Detail: Financial finishing touches for women
    - *Learn how to allocate your investments and assets, know your options when making an estate plan, devise an elder care plan that works without worry, pursue your passion with insights on life after your career and discover the right questions to ask a Financial Representative.*
- Investing in Your Future
  - Money at Work 1: Foundations of Investing

- *Regardless of your age or your income, reaching retirement goals requires the same things: spend less, save more. It's really that simple. Learn the definitions of – and differences in – investment vehicles, and how to help choose the right ones for your financial goals and risk tolerance.*
- Money at Work 2: Sharpening Investment Skills
  - *Help feel more secure in your savings strategy by taking steps to verify that you're on the right track. And if you're off track, know what adjustments you may need to make. Are you saving enough? Have you taken taxes into account? Do you have a financial plan – and have you thought about what retirement looks like? Learn how to manage investments and about strategies you can consider for your own planning needs.*
- Living in Retirement
  - Paying Yourself: Income Options in Retirement
    - *Learn the basic rules that govern the most common retirement accounts and gain perspective on when to tap into different assets.*
  - Healthy Numbers: Integrating Healthcare Into Your Plan
    - *Learn the key ideas, trends and numbers you'll need to help you prepare and budget for the cost of healthcare in retirement and learn the real benefits — and costs — of Medicare.*
  - Within Reach: Transitioning from Career to Retirement
    - *Once you reach retirement, you may have 20 or 30 years to enjoy it. This webinar will review financial planning strategies that may help you make your retirement years the best years of your life.*

These webinars are available on the TIAA-CREF site at this link:

<https://www.tiaa-cref.org/public/advice-guidance/on-demand-webinars>