

Age at Work

Case Study



MID-CAREER REVIEW | FINANCE AND CAREER HEALTH & WELLBEING

Susan attended our Finance webinar in July 2022 and then later in 2022 attended our Career, Health & Wellbeing webinar.

About Susan

Susan is in her mid-50s and had been working as a secondary school English teacher but wanted a career change for a number of reasons. She felt a lack of confidence and had “brain fog” due to the menopause, but didn’t realise it at the time. She was also looking to relocate with a new partner, since they had purchased a farm.

She is currently working three days per week as a Maths and English tutor for a local college and enjoying it, because it is flexible and allows her to work around her other life commitments and interests. Recently, her employer has agreed to reducing her working days to one day per week for a trial period of one year while Susan takes more time to develop a number of business projects on the farm.

What Susan did

Susan joined Farming Connect to learn new skills, build her knowledge of the farming sector and gain valuable support. She said, “I would encourage anyone wanting to change career to look for learning opportunities to help you in your change of direction. It is never too late to learn new things.”

She attended Mid-Career Review webinars covering work, wellbeing and finances. She was interested in the webinars because she had a number of different roles in her life and had pensions in different places. She wanted to understand what she should be thinking about and what options she had about continuing to work and retirement.

Susan said, “The finance webinar helped me to consider what things I needed to think about and gave me some pointers. It prompted me to check whether I had paid enough National Insurance contributions to receive the full state pension and also to find out where all of my other pensions were.

“I AM NOW PLANNING TO SPEAK WITH MY PENSION PROVIDER TO UNDERSTAND WHEN I CAN START TAKING MY PENSION AND WHAT THE IMPACT WOULD BE IF I STARTED TO TAKE IT EARLIER. IT ALSO SPURRED ME ON TO MEET A SOLICITOR TO WRITE A WILL.” [Susan, Mid-Career Review participant](#)

The Health & Wellbeing webinar helped her understand the connection between physical and

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mental health. She was having some gut problems and saw a dietician. In the end, she learned about the strong link between the brain and stomach and realised that her issues were mainly due to the stress of balancing a new role, managing the farm and caring for a relative.

The Mid-Career Review webinars help over 50s consider their current and future needs regarding work, wellbeing and finance and take action towards a positive future.