



**YOUR
DEVELOPMENT**

**ICE
BENEVOLENT
FUND**

**PERSONAL DEVELOPMENT
WORKSHOPS**

Cover:

Crossrail,
London, UK

I feel so much better prepared for when I retire with a much fuller appreciation of the many aspects of the next phase of life. I really benefited from listening to my peers facing the same prospect! There's a lot to think about, but this workshop has given me a structured approach to managing retirement, which makes it all much less daunting.

— Pre-Retirement Planning Workshop, attendee

YOUR DEVELOPMENT FOR A BETTER LIFE

You can't always control your environment but you can control how you react to it.

Whatever life throws at you, we can equip you with the tools to build a good life for you and your family.

The ability to gain strength from difficulties and to plan for the future is the foundation of a happy personal and professional life.

We're here to help you lay down the groundwork.

How we can help

If you are a current member of ICE, our workshops are here to help you reach your goals for your continuing personal development.

We understand the pressures civil engineers face. Meeting the demands of the modern world can be stressful, affecting your capacity to deal with personal challenges.

Planning for contingencies is just as important at home as it is on-site, but knowing where to start and finding time for research can be draining.

In all these areas, the workshops we offer can add real value.

Personal Development Workshops

In a lifetime, like any professional, civil engineers can face challenges. From unemployment or redundancy, financial stress, family relocation or emigration, to health or career issues.

We work closely with specialist partners to run positive and effective workshops designed to support civil engineers just like you. They help you mobilise your personal resources, with back-up when you need it.

Here are some of the topics we cover:

Lifetime financial planning

Personal resilience strategies for better living

Employment support to get you back into work

Financial and pension planning for our younger members

Planning for a fulfilling retirement

Our Personal Development Workshops strengthen your ability to take control. They enrich your knowledge for more measured decision making; robust in the face of change and confident to overcome whatever comes your way.

Eligibility

Workshops are open to current ICE members who will be asked to provide their membership number upon application and a small donation may be requested.

Get help now

For more information about the latest workshops and the Ben Fund's Wellbeing Portal to help you Work Well, Live Well, Be Well, please visit our website — www.icebenfund.com

For an informal chat about how our workshops can help improve your life, please get in touch with a member of the Ben Fund team

Telephone: + 44 (0) 1444 417 979

Help us support civil engineers and their families

Please help us give back to civil engineers and their families by donating to the Benevolent Fund. As an ICE member, it couldn't be easier to support us. The suggested donation is £10, however, you're welcome to donate any amount by simply changing it in your annual membership subscription. Alternatively, anyone can make a donation direct to the Ben Fund via our website.

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