

# mot\_1\_course\_intro: transcript



Bernie Hickman:

Midlife is a busy time. You might have kids to look after and you could be caring for elderly relatives too. Chances are that work will also be taking up a lot of time and effort. So retirement will probably feel very far away. There's so much to do before then. And when the present is so hectic and full of challenges, it's all too easy to avoid longer term planning. That's why we've collaborated with the Open University to create your midlife MOT.

It's a short online course that will help you think seriously about where you are now and where you want to end up from three different points of view, your wealth, work, and wellbeing. We'll show you how to get your money and financial planning in order with a wealth check-up. You'll answer some important questions. Are you currently making the best use of your money? Are you saving enough to make the most of your coming years and cover unexpected expenses along the way? Is your pension plan on course to give you and your loved ones the right retirement lifestyle?

Our work check-up will help you make sure your career is heading in the right direction. Perhaps it's time to progress in your job or maybe you want to start your own business. The course will help you decide on a direction. And our wellbeing check-up will help make sure you're in good physical and mental health. We'll suggest some simple lifestyle changes to help you get into better shape and give you the right quality of life in midlife and beyond. You can study the courses three subjects in any order.

Each of them has a range of supporting materials, so that you can home in on what's important to you. They all end with quizzes that help you recap everything you've learned. And there's no time pressure, you can study whenever suits you. Your progress through the course is tracked, so you can just pick up from wherever you last stopped when you log back on. I hope you find your midlife MOT of real value and that it helps get your wealth, work, and wellbeing on track for the coming years.