

# The Independent#DISCOVERBARRHAVEN

## Planning for retirement goes far deeper than saving money

*“Your retirement coach” says it’s important to retire to something, not from something*



Financial planning is an important part of planning for retirement, but according to Barrhaven financial and retirement planning expert Daniel Roy of Praxis Wealth Institute, it is only one of four components to focus on.

“Financial planning is part of it, and it is the first step to make everything else popular, but it is not the only thing,” said Roy. “Health and wellness, relationships, and life purpose are equally important in planning for a successful retirement.”

A 29-year veteran of the financial life planning industry, Roy brings forward his vast knowledge on the issues surrounding the creation, the management and the preservation of personal wealth. Roy has a thirst for knowledge and has an ability to present complex issues in a clear and understandable fashion. He is one of the former hosts of Rogers TV’s “Ottawa Experts” and a regular contributor to Ottawa-based Tone Magazine.

A former military man who resonates with the Peaceful Warrior movement of change and inner transformation which honors his own aboriginal roots, Roy is a true speaker of Truth. He has studied extensively with a variety of leading human potential experts including T. Harv Ecker, author of the New York Times bestseller “The Secrets of the Millionaire Mind”. He is a practicing Certified Financial Planner, Certified International Wealth Manager and Certified Retirement Coach and has a diverse client base all over Canada.

Roy is the author of *The Essential Guide to Retirement Readiness*. He is also a public speaker on the subjects of personal wealth mastery, retirement transition planning

and tapping into one’s human potential.

“It’s important to retire to something, not from something,” said Roy, saying that is the most important thing to consider when retiring.

“It’s important to create financial support,” Roy said. “That has to be done way before getting out of an occupation. But in all walks of life, there is an anxiety of ‘what do I do now?’”

Roy said that although there are four pillars of retirement, not enough emphasis is placed beyond financial planning.

“The financial industry has done a poor job in preparing retirees for the next phase of life,” said Roy.

Relationships and a sense of purpose are, according to Roy, overlooked in the financial world. They are, he said, extremely important when planning a retirement.

“Those last two pillars are becoming more and more important for people,” he said. “It’s important that they nail it down.”

One thing that Roy emphasized is that it is never too late to start preparing for retirement. Many people have suffered financial setbacks in their lives, from bankruptcy to divorce to lost pension programs.

“It’s never a lost cause,” said Roy. “There are setbacks. Age is not an issue, but your willingness to recreate your life or having the drive to create your new life is what is important. It’s never a lost cause. It only becomes that when you give up hope”

Roy said that it is not uncommon for a person to be 65 with no pension and with about \$50,000 in their RSP. While there is not much he can do in an immediate situation, Roy said that a plan and a path of a retirement dream could certainly be created. Much of that plan goes beyond money.

“Is money the only thing in life? No,” he said. “Money is not the driver of happiness in the world.”

A sense of purpose is an important part of that next step.



Your Retirement Coach, Daniel Roy of Barrhaven, is one of only 20 people in North America who has the designation of both Certified Financial Planner and Certified Retirement Coach. JEFF MORRIS PHOTO

“Being ex-military, that is something I can relate to,” Roy said. “When people reach a certain age and retire, they lose a sense of who they are and their identity. But when people leave the military, they often don’t realize that they have gathered a tremendous set of skills and training. The challenge is to take inventory of the skills and training they have received and to make them transferable to the civilian and professional world.”

Roy said that that loss of identity reaches far beyond the military.

“We see the same kind of thing among engineers, professionals, emergency workers – practically any-

thing,” he said. “When you meet someone, you like to introduce yourself and tell people what you do. When you are retired, you can lose that sense of purpose and self-worth.”

For seniors, that sense of purpose and self-worth is even more of a factor in retirement.

“Retired people have to remember that they are not dead yet, and that they still have a lot to offer and to give back to society,” he said. “You have to ask yourself where do you want to go, and what do you want to do. It’s important to be focused on something and to find that purpose.”

Roy, who works out of an office in his Barrhaven

home, has clients all over Ottawa and all over Canada. His book, *The Essential Guide to Retirement Readiness*, came out in January, 2015.

“It’s an easy read,” Roy said. “It’s something that can be read 15 or 20 minutes at a time.”

The philosophy in the book is the same as what he teaches as a Certified Retirement Coach and Certified Financial Planner. It’s about daring to dream.

“Everybody has their own vision of what they call retirement,” Roy said. “By clearly understanding the various issues that you will face, you will be better prepared to make decisions about the choices

that you will have. The book was written to be your ideal tool to get you started on that path of planning for your retirement.”

For more information on planning for your retirement, visit [www.praxiswealthinstitute.ca](http://www.praxiswealthinstitute.ca).

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## IN 2001 THE CITY OF OTTAWA PASSED BY-LAW 2001-170 THAT ESTABLISHED A WORKING BILINGUALISM POLICY FOR THE CITY’S ADMINISTRATION.

Today, the City of Ottawa is being pressured by well-funded French activist groups to make the entire City of Ottawa officially bilingual for Canada’s 150th birthday next year (2017). The City has found the current policy adequate and has since decided not to pursue a policy that would greatly increase costs by operating in two languages simultaneously.

**Citizens opposed to the idea of an officially bilingual Ottawa are invited to contact Canadians for Language Fairness at [www.languagefairness.ca](http://www.languagefairness.ca) and leave a message.”**