

NIH TRAINING CENTER RETIREMENT COURSES

1-5 YEARS OF FEDERAL SERVICE

Understanding FERS Benefits for Early-Career Employees*

- Understand Federal Employees Retirement System (FERS) benefits.
- Review leave, healthcare, life insurance, and Thrift Savings Plan (TSP) benefits.
- Learn retirement eligibility requirements by examining creditable service.

**Offered only as a [closed enrollment](#)*

Valuable information for those who are early in their careers ... don't wait until mid-career to know this!



1 Day

15-20 YEARS TO RETIREMENT

Mid-Career Financial Planning

- An overview of FERS federal benefits, Social Security, and insurance benefits.
- Learn smart financial planning strategies for the road ahead.
- Review of the TSP and Roth TSP, borrowing from the TSP, and determining allocation between the funds.

An enlightening workshop you don't want to miss! Learn today for a better tomorrow.



2 Days

10 OR FEWER YEARS TO RETIREMENT

Pre-Retirement FERS Daily and Weekly

- A comprehensive look at retirement benefits, financial planning, estate planning, and transition to retirement.
- This is the "tell me everything I need to consider about retirement" class.
- It offers the most in-depth information and explores each topic, providing great resources along the way.

This workshop is offered as daily (three consecutive days) and weekly (once a week for three consecutive weeks) to accommodate your busy schedule.



3 Days

Pre-Retirement CSRS

- Civil Service Retirement System (CSRS) caters to those who were hired prior 1984 with no break in service.
- Learn about CSRS federal benefits, creditable service, insurance benefits, annuity computations, and more.

Integrated seamlessly with a FERS session, together they form the dynamic "Combined FERS" session.



3 Days

1 YEAR TO RETIREMENT

Retirement Refresher

- For employees just a year away from retirement.
- Receive the most up-to-date and current information.
- Participants must have completed the NIH Training Center's Pre-Retirement FERS or CSRS course to be eligible to register.

Dive deeper into retirement options and fine-tune your exit strategy with flair and finesse!



1/2 Day