



Seminars for Federal Employees

GRB offers a variety of seminars for employees at any stage of their Federal career. The seminars are performed on-site and can be designed or tailored to meet any unique needs. Federal agencies will find these seminars invaluable for educating employees about their benefits and preparing employees for retirement.

Pre-Retirement Planning Seminars

The Planning for Retirement Seminar is designed for employees who are within approximately 5 years of retirement and the Mid-Career Retirement Planning Seminar is designed for those who are within approximately 10-15 years of retirement. Both seminars can be provided as 1 or 2-day sessions. The seminars can also be designed to focus on only CSRS/CSRS Offset employees or FERS employees and/or special group employees such as law enforcement, firefighter, air traffic controller, or Congressional employees. Participants are provided with a detailed understanding of the benefits they are entitled to under the Civil Service Retirement System (CSRS & CSRS Offset) and/or the Federal Employees Retirement System (FERS), Social Security, Medicare, Flexible Spending Accounts, Long Term Care Insurance, the Thrift Savings Plan (TSP) and the health and life insurance programs. In the 2-day seminar, financial planning topics are covered such as insurance planning, tax planning, investment planning, and estate planning.

Seminar for Separating Employees

This ½-day seminar, designed for employees who are separating from Federal service and are not eligible for retirement, provides a summary of the disposition of employee benefits and the options to continue, modify, or convert those benefits upon separation. Topics covered are leave, the Voluntary Separation Incentive Payment (VSIP), severance pay, CSRS and FERS benefits, Social Security, TSP, unemployment compensation, and the health and life insurance programs.

New Employee Benefits Orientation

This 1-day seminar, designed for new FERS employees, focuses on each employee benefit program (FERS, FEHB, FEGLI, TSP, Long Term Care Insurance, Flexible Spending Accounts, and Social Security) and explains how each program works and how to receive the maximum benefit from each program.

Discontinued Service Retirements, Early-Out, and Buy-Out Option

This 1-day seminar is designed for employees who are considering an early-out retirement, a buy-out option, or who are faced with discontinued service retirement.

Participant Evaluations

- "Absolutely, this was the BEST training I have received on this subject"
- "It gave me all the information I needed for the future"
- "Most information I have received in my 28 years"
- "Wonderful! The instructor explained specifics better than anyone I've talked with or heard brief"
- "Examples that were practical and relevant"
- "Knowledge of the subject matter; quick and accurate answers to questions; positive interactions with audience"
- "Extremely beneficial – All employees need to have this training"
- "Social Security portion was great. I never have understood it before today"
- "Personable, relaxed presenter whose knowledge was comprehensive. Best seminar presentation I can remember. Thank you."
- "The examples were the strong points of the seminar, along with answers to specific questions"
- "Outstanding presentation, the best one I've ever been to!"
- "Excellent – easy to listen to"
- "Very professional presentation, combined with in-depth personal knowledge and experience"
- "Very glad I did this before planning retirement"

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