

How to have an **Epic Retirement** The flagship course

The HESTA Exclusive Edition

with Bec Wilson

Best selling author • Podcast host • Modern retirement expert

16th October - 27th November 2025

Free for HESTA Members

Limited spots available



HESTA



Super
with
impact

EPIC Retirement
Institute.

Spring 2025

Welcome

Welcome to the HESTA Exclusive Edition of How to Have an Epic Retirement.

This course is your step-by-step guide to planning a retirement that works for you — financially, emotionally, and practically. Whether you're close to retiring or just starting to think about what comes next, you're in the right place.

Across six weeks, you'll learn through short videos, helpful tools, and easy-to-understand information to guide you through your super and retirement options. It will help you make informed choices about when and how to retire, explore your lifestyle, health, housing, and purpose in retirement, and feel more confident about what's next.

You'll also get access to downloadable checklists and planning tools you can use right away — helping you turn insights into action.

This is your opportunity to take control of your second half of life, with support from the Epic Retirement Institute and HESTA.

Let's make it epic,

Bec Wilson & Jen Harding,
And the teams at the Epic Retirement Institute and HESTA



What's included?



A 6 week learning program, with high quality content completed as a cohort of pre-retirees and retirees, together online.



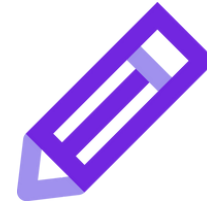
13 modules (86 videos) of high quality education offered on-demand, presented by Bec Wilson and Jen Harding.



Two live Q&A interactive sessions, with Bec Wilson and a selection of guests who are experts in the topics covered.



An exclusive 110-page digital course workbook produced with international publisher Hachette.



We provide you with the Epic Retirement Budgeting Template, and explain in great detail how to use it.



Online quizzes integrated into the content to help you absorb and interact with the learning content.



A dedicated chat zone built with the attendees of the course, allowing for facilitated and supported communication.

The course content

Module 1

Introduction

Understanding the important foundations for retirement. The phases of retirement, the people in your life and your attitude to the years ahead.

Section: Intro

Module length: 23 mins

Resources: Workbook, Quiz

Module 2

Time and Longevity

Learning about lifespan, healthspan, longevity risk and the impacts. Firm up the picture of your life and how much time you've got to achieve your goals.

Section: Time

Module length: 32 mins

Resources: Longevity Calculator, Workbook

Module 3

Retiring with Financial Confidence

This is the first financial module, setting the basis for how much money you need to retire in comfort and showing you how the calculations are built.

Section: Money

Module length: 20 mins

Resources: Workbook

Module 4

The Age Pension

Understanding the pension assets and income tests, concessions and benefits, and the process for improving your eligibility too.

Section: Money

Module length: 34 mins

Resources: Workbook

Module 5

Budgeting for Retirement

Building your pre-retirement and post-retirement budgets. This is a really practical module.

Section: Money

Module length: 44 mins

Resources: Excel Budgeting Spreadsheet, Workbook

Module 6

Your Home and Your Financial Plan

Learning how you can use your home to have a better retirement. We explain the systems and how the family home interacts.

Section: Money

Module length: 21 mins

Resources: Quiz, Workbook

Module 7

Superannuation and Investing

A deep dive into superannuation followed by an overview of each of the common investment options.

Section: Money

Module length: 1 h 10 mins

Resources: Workbook

The course content



Module 8



Estate Planning and Preparing for End of Life

We learn about wills and estate plans, insurances and how to prepare everything you'll need.

Section: Money

Module length: 32 mins

Resources: Workbook

Module 9



The Science of Healthy Ageing

Learn how you can improve your healthspan and longevity according to the latest science of modern ageing.

Section: Health

Module length: 23 mins

Resources: Workbook

Module 10



Finding Happiness

Understanding how your work will change, transitioning, and learning the science of happiness and applying that into your next stage of life.

Section: Happiness & Fulfilment

Module length: 1 h 6 mins

Resources: Workbook

Module 11



Finding Meaning and Purpose

Understanding your gifts and passions, and thinking about the things you'll do with your next stage that give you a sense of meaning and purpose.

Section: Happiness & Fulfilment

Module length: 40 mins

Resources: Workbook

Module 12



Travelling in Retirement

Thinking about the order of your dream bucket list holidays, getting better deals, travelling solo and heaps more.

Section: Travel

Module length: 38 mins

Resources: Workbook

Module 13



Your Home as You Age

We talk about your housing needs and wants and how they might change over your lifetime to give you some sensible perspective.

Section: Your Home

Module length: 36 mins

Resources: Workbook

Overview

Total video education length: 8h 30mins

Resources & activities: Exclusive Workbook, Quizzes

Events: Two live Q&As with special guests

HESTA Hub: Weekly challenges and private chat rooms

Live Q&As and guest speakers

28th October 2025 & 11th November 2025

Our special guests for our live Q&A sessions

To bring the topics we discuss to life, we have invited some of the most respected leaders in the retirement industry to join us for two live Q&A sessions related to topics covered in the course.

You can submit your questions prior to the event, or through the HESTA Hub on the day, or into the live Q&A during the event.

Events will be recorded, and uploaded into our course platform so you can watch the session afterwards if you miss one.



WEEK 2

Topic: Maximising your Age Pension entitlements

Guest: Steven Sadler, Head of Customer Service, Retirement Essentials

Date: Tuesday 28 October 6.00pm AEDT

Steven Sadler has been the Head of Customer Service at Retirement Essentials for five years. He leads the team responsible for end-to-end service delivery, helping customers prepare, apply for, and secure their Centrelink entitlements.

Steven is passionate about supporting people through a process many find daunting, and takes pride in the joy and gratitude that comes from helping them achieve outcomes they once thought impossible. As a leader, he is dedicated to motivating his team to consistently exceed expectations and deliver exceptional results.



WEEK 4

Topic: How to make the most of your superannuation

Guest: Jen Harding, GM, Advice and Development, HESTA

Date: Tuesday 11 November 6.00pm AEDT

Jen Harding is our special guest in week 4 to answer your questions about superannuation and the different types of financial advice you expect to access through HESTA.

Jen is a widely respected leader in superannuation and superannuation financial advice, having spent more than 20 years in the sector.

Jen leads education and advice teams at HESTA in the part of the business they call 'national help services', guiding them across their contact centre, general and personal advice offerings and educations services.

HESTA Hub

The people who do the course come together inside our private online course chat room where we keep energy high, momentum up, and we have conversations that help you make the most of it.

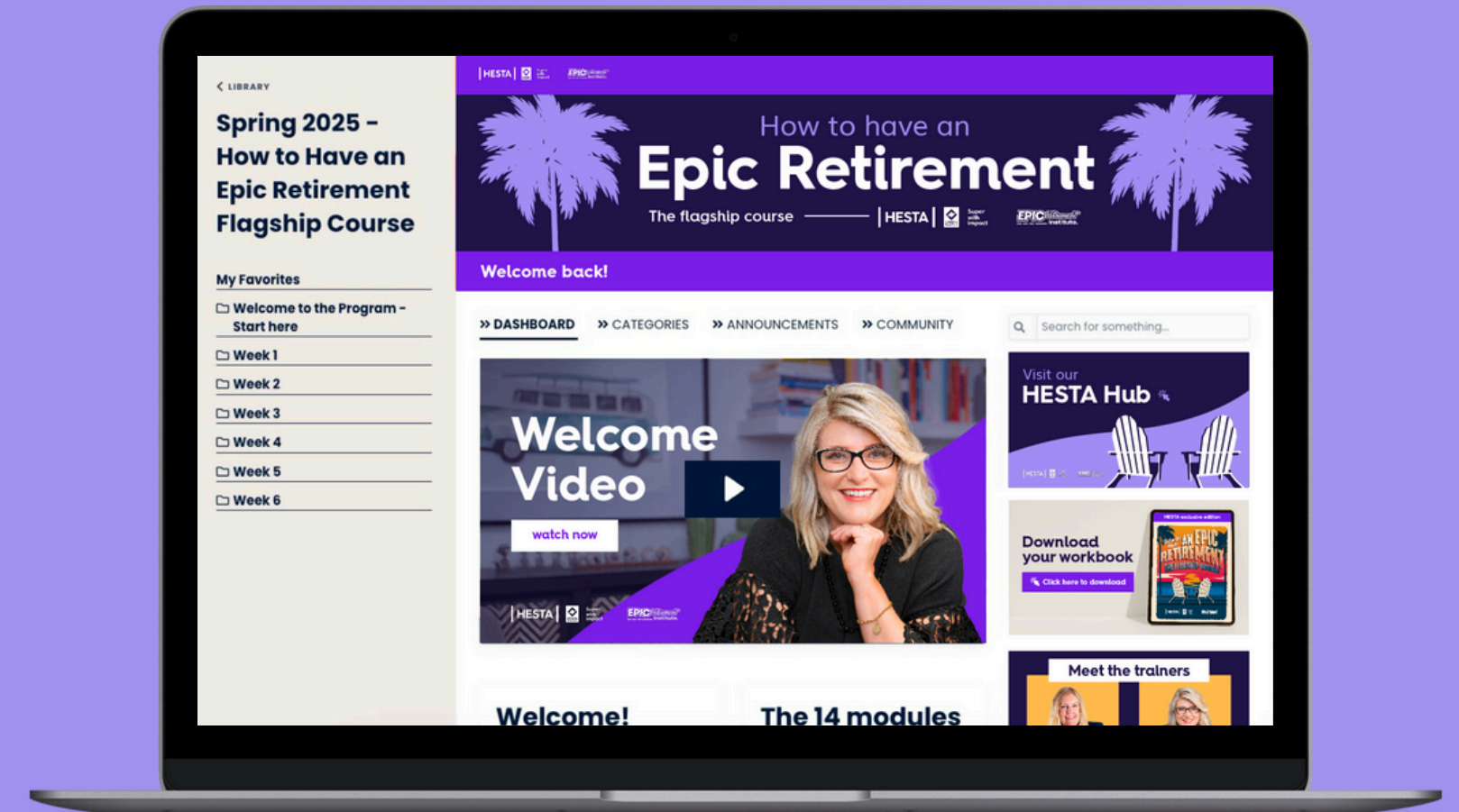
When the course kicks off, you'll get access to a community zone packed with challenges and accountability tools.

If you want, you can participate in conversations and challenges each week that help you get to know a bit more about each other and yourself. And you can start them too.

HESTA Hub is a great place to ask your own questions, read public responses offered to others in the course, answer questions, chat about the program content, or get involved in other activities associated with retirement, and the exciting period of change ahead of you.

You never know, you might find a few new friends or be inspired by their stories, hobbies and ways of looking at things.

And, at the end of the program, you are invited to join our closed Alumni group on Facebook too.



Why we do it together

This program is being run ‘synchronously’ which means we all do it together, working through the program of content week-by-week, over a six week period. We think this makes the course easier to digest, and much more entertaining - which, let’s face it, is important when we’re talking about money, planning and the life ahead.

Content drops weekly

The pre-recorded content for the week drops on a Thursday morning, allowing you time to watch the videos and work through the workbook over a one week period, before your next modules drop into the system.

Live Q&A events

There are two live Q&A sessions with special guests who can help to bring the whole course to life for you. We’ve handpicked some rather amazing guests who we know will help you build your confidence. Live Q&As are held after the weekend on a Monday where possible, so you have several days to look over the content prior.

People on the same page

There’s some really powerful reasons for completing the course as a ‘program’ rather than just taking an online course - and you get to do it alongside others at similar stages of life to you, wondering about similar things and hearing stories, experiences and explanations that help you.

Meet the trainers



Bec Wilson

Author & Creator, Epic Retirement Institute

Bec is the author of How to Have an Epic Retirement and the creator of this course that has been tailored for HESTA members. She’s passionate about helping Australians plan for a confident, fulfilling retirement through clear, practical education — without the jargon. With a background in finance, media, and health, Bec brings a warm, engaging approach to some of life’s most important planning decisions.



Jen Harding

General Manager, Engagement, Education and Advice, HESTA

Jen is a widely respected leader in the super industry, with more than 20 years of experience. She leads engagement, education and advice within HESTA, with a strong focus on member help services — covering the contact centre, general and personal advice, and financial education. Jen’s role in this program is to help you understand the different types of advice you can access through your fund, how super works in retirement, and what support is available to you as a HESTA member.

FAQs

How long do we maintain access to the program?

You can maintain your access to the platform and courses for 120 days from kickoff. You keep your copy of the workbook and book forever.

Are the Live Q&As recorded for me to watch if I miss them?

Yes, we record all the events, and upload them within 24 hours so you can view them in your own time.

Can I buy the workbook without attending the course?

No, workbooks are exclusive to the course. They are not sold separately.

Can I buy an extra workbook for my partner?

Yes, when you register, we give you the opportunity to purchase a second workbook.

What timezone are the events held in?

Events are always based on Sydney and Melbourne time (AEST), simply for consistency. Daylight savings will be noted on specific dates where it affects a program.

What days do we receive the content?

The content drops into your portals at midday Sydney time on each Thursday so you'll have time to watch the videos and do the exercises before we meet for our live Q&A events.

Want to get in touch?

We're here to help you learn how to have an Epic Retirement.

If there's something you want help with, please feel free to reach out at hesta@epicretirement.com.au

"Take the 'How to Have an Epic Retirement Flagship Course' to build your knowledge and confidence.

This program is practical, informative and energetic. It will leave you excited and well-equipped for the road ahead."

Bec Wilson

The How to Have an Epic Retirement Flagship Course is brought to you by The Epic Retirement Institute (Epically Projects Pty Ltd, ABN 55 669 758 794) and H.E.S.T. Australia Ltd ABN 66 006 818 695 AFSL No. 235249, Trustee of HESTA ABN 64 971 749 321.

This information is of a general nature. It does not take into account your objectives, financial situation or needs so you should look at your own financial position and requirements before making a decision. You may wish to consult an adviser when doing this.



Ready to book your place?

This course is **free** for HESTA Members. Places are limited.

[Secure your spot](#)