ELYSIUM WEALTH
ADVISORS

INVESTING FOR RETIREMENT GUIDE

2026/27 EDITION

Building a resilient portfolio for your future.

INVESTING | DIVERSIFICATION | RISK MANAGEMENT | LONG-TERM GROWTH

elysiumwealthadvisors.com

Retirement changes the investment problem

Before retirement the main objective is usually accumulation. In retirement, withdrawals turn market falls into a cash-flow problem as well as a valuation problem.

ACCUMULATE	TRANSITION	DECUMULATE	LEGACY
Contribute and grow	Build income plan	Withdraw sustainably	Plan remaining wealth

Four risks that become more visible in retirement

- Market risk: investments can fall when withdrawals are needed.
- Sequence-of-returns risk: poor returns early in retirement can be more damaging because withdrawals crystallise losses and leave less capital to recover.
- Inflation risk: spending power can erode over a long retirement.
- Longevity risk: the plan must work if retirement lasts longer than expected.

Asset allocation and diversification

WHY ASSET ALLOCATION MATTERS

- Equities are typically used for long-term growth but can be volatile.
- High-quality bonds can provide income, diversification and a potential stabilising role, although bond prices also move.
- Cash supports near-term spending and reduces the need to sell investments at an inconvenient time, but can lose purchasing power to inflation.
- Other assets can diversify risk, but complexity, liquidity and fees must be understood.

DIVERSIFICATION IN PRACTICE

- Spread equity exposure across regions, sectors and company sizes rather than relying on one market.
- Diversify bond exposures by issuer, maturity and credit quality where appropriate.
- Avoid duplicating the same underlying holdings through multiple funds.
- Consider total household exposure - property, business interests and pensions - not just one investment account.

PLANNING POINT

Diversification does not eliminate losses. Its purpose is to reduce reliance on any one source of return and make the overall plan more resilient.

Sequence risk and withdrawals

WHY EARLY LOSSES MATTER

- If a portfolio falls before or soon after retirement, taking the same cash withdrawal requires selling more units at lower prices.
- Those units are no longer invested when markets recover, which can permanently reduce the future income capacity of the portfolio.
- The same average return can produce very different outcomes depending on the order in which returns occur.

WAYS TO MANAGE THE RISK

- Keep a planned reserve for near-term spending rather than funding every withdrawal from growth assets.
- Use flexible spending rules so withdrawals can be moderated after difficult markets.
- Coordinate guaranteed income sources with portfolio withdrawals.
- Rebalance deliberately instead of selling whichever asset happened to fall most.
- Review the sustainability of withdrawals annually and after major market moves.

PLANNING POINT

Retirement-income planning is not simply choosing an “annual withdrawal rate”. It is a process for adapting spending, investments and taxes as circumstances change.

Income, growth and inflation

INCOME IS NOT THE SAME AS RETURN

- Interest and dividends can contribute to spending, but restricting withdrawals to “natural income” can distort the portfolio or lead to unnecessary concentration in high-yield assets.
- A total-return approach considers income plus capital growth and manages withdrawals across the whole portfolio.
- Guaranteed income can be valuable for essential spending even when an invested portfolio is retained for flexibility and growth.

INFLATION AND REVIEW DISCIPLINE

- A long retirement may span several inflation cycles, so some exposure to growth assets can remain important even after retirement starts.
- Review asset allocation, fees, withdrawals, tax, cash reserves and beneficiary planning together.
- Revisit the plan after large spending events, changes in health, bereavement, inheritance or a move of country.
- Avoid reacting to short-term headlines when the long-term plan and risk capacity have not changed.

PLANNING POINT

The objective is not the smoothest portfolio or the highest-return portfolio. It is a portfolio that supports the required lifestyle with an acceptable level of risk.

Your next-step checklist

Use this as a discussion framework with your adviser; it is not a substitute for personal advice.

BEFORE YOU ACT

- [ ] Write down essential, desirable and discretionary retirement spending separately.
- [ ] Identify guaranteed income sources and the gap the portfolio must fund.
- [ ] Set an asset allocation that reflects both risk tolerance and capacity for loss.
- [ ] Hold an intentional short-term spending reserve rather than accidental excess cash.
- [ ] Stress-test early market falls, higher inflation and a longer-than-expected retirement.
- [ ] Agree a rebalancing and withdrawal-review process before markets become volatile.
- [ ] Review costs, tax and estate planning alongside investment performance.

Primary sources and further reading

• MoneyHelper - Flexi-access pension drawdown explained; phased / partial drawdown guidance.
• FCA - Retirement Income Advice thematic review (TR24/1) and Retirement Outcomes Review.
• FCA - Investment pathways post-implementation review (retirement objectives and drawdown investment choices).
• GOV.UK - Personal pensions: how you can take your pension; plan your retirement income.
• GOV.UK - Pension schemes rates and State Pension guidance for the current 2026/27 tax year.

Talk to Elysium Wealth Advisors

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About Gary Day

Founder of Elysium Wealth Advisors | Senior Wealth Advisor

28+ YEARS

INTERNATIONAL FINANCIAL SERVICES

Experience shaped by discipline

Gary Day brings more than 28 years of international financial services experience across the United Kingdom, Europe and the Middle East. He began his professional career in the British Army before moving into financial services in 1990, developing a disciplined, structured and analytical approach that continues to shape his advisory work.

CLIENT FOCUS

International and expatriate clients navigating complex, multi-jurisdictional financial decisions with a need for clarity, precision and long-term structure.

GLOBAL PERSPECTIVE

Gary works with clients across the EU, the UAE and other international markets, supporting a geographically diverse client base. He is also involved in UAE-based estate planning structures through Elysium's regional operations.

Core areas of expertise

01 Cross-border financial planning

International residence, mobility and multi-jurisdictional considerations.

02 Estate & succession planning

Including UAE wills and structures intended to support orderly wealth transfer.

03 Pension structuring & transfers

Guidance informed by extensive pension and transfer-related professional education.

04 Investment portfolio design

Portfolio construction aligned to objectives, risk and time horizon.

05 Protection planning

Individual and corporate protection as part of a broader financial strategy.

ADVISORY APPROACH **Clarity | Precision | Long-term structure**

Professional qualifications

Industry-recognised qualifications and advanced specialist study

PROFESSIONAL QUALIFICATIONS

01 Level 4 Diploma in Financial Services - Institute of Financial Services

02 Financial Planning Certificate - Chartered Insurance Institute

03 CF2: Investment and Risk - Chartered Insurance Institute

04 Mortgage Advice Qualification - Chartered Insurance Institute

05 Equity Release Qualification - Chartered Insurance Institute

06 Long-Term Care Qualification - Chartered Insurance Institute

07 Level 6 Award in Pension Transfers - Institute of Financial Services

ADVANCED SPECIALIST TRAINING

- Professional Certificate in Hedge Funds - New York Institute of Finance
- Equity Portfolio Management - New York Institute of Finance
- Fixed Income Portfolio Management - New York Institute of Finance
- Foundations of Central Bank Law - KU Leuven
- Governance in the European Union - KU Leuven
- European Union Law - KU Leuven
- Contract Law: From Trust to Promise to Contract - HarvardX
- Public Debt, Investment, and Growth (DIG & DIGNAR Models) - International Monetary Fund
- Local Currency Bond Markets - International Monetary Fund

ISLAMIC FINANCE CERTIFICATIONS

Islamic Banking: Principles, Practice and Risk Management - Islamic Research and Training Institute

Islamic Insurance and Investment - Islamic Research and Training Institute

Career context

Gary has held senior advisory and leadership roles within FCA-regulated firms in the UK and has extensive experience working with high-net-worth individuals, internationally mobile professionals and expatriates.

One coordinated advisory framework

Designed to connect planning decisions rather than treat each financial issue in isolation.

What clients say

Independent client feedback highlighting clarity, service and long-term relationships

“ Gary provided an independent review and report on transferring two UK pensions for me. Gary's report was very detailed and clearly laid out the difference between old and new schemes, and highlighted everything I needed to know.

Verified Client

Outside UK / United Kingdom

“ Thank you, Gary. You and your team were absolutely fantastic throughout the entire process. Your professionalism, expertise, and dedication made everything seamless and stress-free. I truly appreciate all your efforts and can't thank you enough. I will definitely be recommending your services to others.

Grant B.

United Arab Emirates

“ For the last 10 years Gary Day has given us guidance and support in our portfolio management and planning for retirement. His approach is straight forward and there's been no hidden agenda. He presents things in an easy-to-understand way. Gary very knowledgeable, calm but enthusiastic to deal with. We value his advice.

Elaine P & John

Hungary

Real people. Real results.

Let's build your future, together.

Trusted across borders

Client relationships, profile summary and contact details

“ Gary has been helping with my finances for many years, I have complete trust in his advice. My pensions have been managed, I have an ISA and a Bond, all based on the guidance Gary has provided. Can't recommend him highly enough.

Hannah G - Milton K — United Kingdom

“ I am delighted to recommend my financial advisor, Mr. Gary Day. His expertise and professionalism in managing my portfolio have been invaluable. He provides insightful, reliable advice and is a dedicated, customer-focused communicator. I highly recommend his services to anyone seeking a knowledgeable and trustworthy financial advisor.

David B. — United States

“ We were extremely impressed with the will preparation and coordination services provided by Gary Day and Elysium44. The whole process was clear, personable and professional from start to finish, with everything explained in a straightforward and reassuring manner. We were kept well informed throughout, and the service represented excellent value for money. We are very happy with the final results and would have no hesitation in recommending Gary and Elysium44 to anyone looking for a professional and reliable will preparation service.

Lee B — United Arab Emirates

Profile summary

Gary Day combines more than 28 years of international financial services experience with a broad range of professional qualifications and specialist training. His work centres on bespoke financial strategies for expatriates, high-net-worth individuals and internationally mobile clients, with particular focus on cross-border planning, estate and succession planning, pensions, investments and protection.

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Clarity, structure and long-term decision-making.