

Course Syllabus: From Midlife through Retirement – A Path Forward
Instructor/Facilitator: Mariko Navin, M.Ed.

Description:

What's next in your life? The second half of life presents unique opportunities and challenges. Whether you are an empty-nester, thinking of an encore career, navigating changes at midlife, or shaping your new life in retirement, this interactive workshop will help you identify your goals, clarify your values, and forge a way forward.

Meets: 4 Tuesdays, 6:30PM - 8:30PM

Learning Objectives:

- To assess personal interests and motivations for change at this point in your life.
- To identify at least one goal, dream, or desired area of action in which to apply change concepts.
- To understand how personal values, interests, and strengths shape and drive successful change.
- To apply what you learn and how you learn to initiate change and to keep growing in the second half of life.

Course Outline:

Session #1	<ul style="list-style-type: none">● The unique quality of the “Second Half of Life” – How it’s different from the “First Half of Life” and why it matters.● The Second Half of Life is calling on you to make changes. What? And How?● What’s next for you? What do you want? What’s important? And Why?
Session #2	<ul style="list-style-type: none">● Exploring areas of application.● Values, Interests, Strengths: The driving force and guiding lights to successful next steps.● Change: managing fears and uncertainty.
Session #3	<ul style="list-style-type: none">● Application to one thing or area of life.● Anticipating and addressing challenges and obstacles.● Crowd-sourcing ideas, information, and resources (- or not).
Session #4	<ul style="list-style-type: none">● How do you learn best? What must you unlearn, and learn anew?● Change creates changes. The need to manage change and ripple effects of change on and with others.● An (end) game plan for finding greater pleasure, satisfaction, and purpose in life.

Instructor Information:

Mariko Navin has had a long-standing interest in human development. Over the years, her interest in adult development has covered various areas including identity, cognitive and moral development, personality, learning, relationships, communication, career choice, job search, career development, work/life balance, happiness studies, and now, healthful aging, encore careers and gerontology. She founded *New Encores* (www.newencores.com) to help adults identify and act on “what matters” next in their lives. She has a master’s degree in

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adult and higher education from the University of Washington, and for nearly three decades, she's enjoyed helping students with academic and career counseling.