

Course Syllabus: Autumn 2017

Midlife Through Retirement: A Catalyst for Change

Instructor/Facilitator: Mariko Navin, M.Ed.

Description:

What's next in your life? The second half of life presents unique opportunities for change and growth as well as new 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: October 11 - November 8 (5 sessions), Wednesdays, 6:30PM - 8:30PM

Learning Objectives:

- To gain an appreciation of the unique gifts and opportunities in the second half of life.
- To look at your motivation for change and growth at this point in your life.
- To use personal values, interests, and strengths to guide change and next steps.
- To initiate or apply change concepts to one area your life.

Course Outline:

Session #1 (Oct. 11)	<ul style="list-style-type: none">● The unique gifts and opportunities of the second half of life.● What's next for you? What do you want?
Session #2 (Oct. 18)	<ul style="list-style-type: none">● Your Compass: What's important and why?● Values, Interests, and Strengths
Session #3 (Oct. 25)	<ul style="list-style-type: none">● Application to one thing or area of life● Tools to support action and change
Session #4 (Nov. 1)	<ul style="list-style-type: none">● Challenges and obstacles● An approach to transformative change
Session #5 (Nov. 8)	<ul style="list-style-type: none">● Bringing it all together: a plan for going forward● 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 topics from across the lifespan 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 ageism. She founded *New Encores* (www.newencores.com) to help adults identify and act on "what matters" next in their lives. Her academic and professional training include a master's degree in adult and higher education from the University of Washington, graduate coursework in career development, certification as Dependable Strengths Articulation Program facilitator, and licensed "Immunity to Change" facilitator. Her passion is helping people to flourish and thrive.