



Strengths

Journey to the Third Age

Registration form

Thursdays Sept. 7-Oct. 26, 2017

San Francisco Quaker Meeting house

65 Ninth St. San Francisco, Ca.

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Soar you're your

Learn to expand your vision of what you can accomplish during the next 30 years of your life. Clarify personal goals, learn community-building, explore diverse possibilities, learn important networking skills, and focus on activities and advocacy you are passionate about. It is primarily for persons thinking about retiring or who recently retired. The class is very interactive and allows you to decide the areas to explore and develop plans.

The first part will be about exploring your true work, rest, play, and study, and developing your intuitive skills to assist in decision making. The second part provides you with practical guidance in making and implementing a plan for the near and long term, helps you understand how to look at a plan from its early development to one that has moderate or even high impact. You will assess your potential legacy or contribution to make a difference in the world by beginning with your passion and skills and developing them to further the contribution you have already made or to develop new contributions and skills. You will consult with other students through appreciative inquiry techniques to consider a wider variety of possibilities. This workshop can be helpful in working with local and church communities, advocacy groups, social and educational groups. You will explore alternative paths to make your third age meaningful, important, and valuable to you and the communities you live in.

There will be eight sessions of three hours each Thursday from 6-9. We will use two books for this course: Nancy Schlossberg's *Retire Smart, Retire Happy, Finding your True Path in Life*, and Kathleen Dowling Singh's *The Grace in Aging*. Rolene and Jerry trained senior federal managers and both have been teachers.

Weekly Themes

1. The Gift of Intention: Finding your passion
2. The Gift of Attention: Building Relationships
3. The Gift of Ease: Space for New Ideas and People
4. The Gift of Joy: Finding Balance
5. The Gift of Curiosity and Using Intuition
6. Beginning of a Life Adventure, Creating a Lifetime of Possibilities
7. It's too hard to get anywhere by working alone

8. Widening the Options, Sharing Plans and Getting Feedback

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Name_____

Email_____ Phone_____

Address_____

Email this form to rolene@transtionworkshopsf.com by August 27, 2017
\$120 fee for materials and room rental, but no one turned away for lack of funds
Make checks out to Transition Workshops SF
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