

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: 5 sessions, 6:30PM - 8:30PM

Learning Objectives:

- To look at your motivation for personal growth and change at this point in your life.
- To understand how personal values, interests, and strengths shape and drive successful change.
- To identify at least one area of action in which to apply change concepts towards your goals.
- 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"><li>● What's next for you? What do you want? What's important and why?</li><li>● Exploring areas of application in your life.</li></ul>
Session #2	<ul style="list-style-type: none"><li>● Values, Interests, Strengths</li><li>● Driving forces and guiding lights to successful next steps.</li></ul>
Session #3	<ul style="list-style-type: none"><li>● Application to one thing or area of life.</li><li>● Anticipating and addressing challenges and obstacles.</li></ul>
Session #4	<ul style="list-style-type: none"><li>● Change: managing fears and uncertainty.</li><li>● Change creates changes: managing change and ripple effects of change on and with others.</li></ul>
Session #5	<ul style="list-style-type: none"><li>● An (end) game plan for finding greater pleasure, satisfaction, and purpose in life.</li></ul>

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 ageism. She founded *New Encores* ([www.newencores.com](http://www.newencores.com)) to help adults identify and act on "what matters" next in their lives. She has a master's degree in adult and higher education from the University of Washington, and for nearly three decades, she's enjoyed helping students with academic and career counseling.