

Course Syllabus

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 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: February 21 - March 28. 6:30PM - 8:30PM, Room (No in-class session on March 7.)

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:

Feb. 21	<ul style="list-style-type: none">● What's next for you? What do you want? What's important and why?● Exploring areas of application in your life.
Feb. 28	<ul style="list-style-type: none">● Values, Interests, Strengths● Driving forces and guiding lights to successful next steps.
March 7	No in-class meeting. Online materials provided for you to work on your own time.
March 14	<ul style="list-style-type: none">● Application to at least one thing or area of life.● Managing change: Tools and strategies
March 21	<ul style="list-style-type: none">● Anticipating and addressing challenges and obstacles● Managing fears and uncertainty
March 28	<ul style="list-style-type: none">● Bringing it all together. An (end) game plan for finding greater pleasure, satisfaction, and purpose in life.

** Note: This course was formerly offered as "From Midlife Through Retirement: A Path Forward." The new title "Midlife Through Retirement: A Catalyst for Change" reflects the effect the course has had on past participants (creating various pathways for change, not just one path forward.)*

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) 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.