



Course title: Reflect, Revitalize and Re-invent: Crafting the Next Stage of Your Life and Work

Course directors: Russ Eisenstat PhD and Stephanie Eisenstat MD

COURSE DESCRIPTION

Introduction

Mid to late career for highly motivated individuals can be a time of stress and transition, but also a chance to reflect, revitalize and even potentially reinvent-- life and work. Recent research in the fields of life span development and positive psychology highlights that the old paradigm and mindset of gradual decline after age 50 is no longer accurate or helpful. Having the opportunity to thoughtfully explore these issues as part of a supportive community, away from the pressures of the day, can help people feel greater agency, be more intentional in their decision making, and ultimately more personally and professionally fulfilled.

Now in year 2, this limited enrollment course is an opportunity for those in mid to late career who are seeking to successfully navigate a work/life transition, whether that be a new responsibility, leadership role, better work/ life balance or retirement. Using a disciplined, evidenced base approach, course participants will have the opportunity to reflect on their personal journey and better understand their distinctive strengths as part of an open and supportive community of peers. This work will provide a foundation for reimagining the path forward and proactively shaping a more meaningful and rewarding next chapter. We will also provide a wealth of practical tools and resources to support participants in making tangible progress, week by week, in realizing their aspirations for their life and work.

Course start date and time: Tuesday, February 7, 2023, 4:30-6:00 PM

Course end date and time: Tuesday, June 6, 2023

Frequency of sessions: every 2 weeks

Location: virtual via Zoom

Confidentiality: we maintain strict confidentiality for those who choose to participate in the course to create a safe environment for exploration

Syllabus: Materials to be provided ahead of each session including any supplemental materials beyond those listed on the course outline

Attendance: In this limited enrollment course, each participant has an important role to play in supporting their peers as part of high trust community. It is therefore important that participants make a strong good faith effort to attend all sessions

Optional offering: One individual 60- minute coaching session with one of the course directors

COURSE OUTLINE

| Week | Date | Key Topic(s) | Preparation for session |
|---------------|----------------|---|--|
| | | Reframe | |
| 1 | 2/7/23 | Course Introduction: Exploring the Next Chapter <ul style="list-style-type: none"> • Course Overview • Ground rules, safety, confidentiality • The collaborative coaching model | <ul style="list-style-type: none"> • Reflect on your personal objectives for this program • <i>Read: Chapter on New Life Stages from The 100 year Life</i> by Lynda Gratton and Andrew Scott |
| PART 1 | | Reflect and Revitalize | |
| 2 | 2/21/23 | Learn the Lessons from your History <ul style="list-style-type: none"> • Identify the foundations for flourishing life • Discuss and explore your “hero’s journey” -- history and lifeline | <ul style="list-style-type: none"> • Review “Peaks and Valleys” in your life history and identify key insights • <i>Read: The Hero’s journey: the challenge of life’s transitions</i> by Joseph Campbell |
| 3 | 3/7/23 | Take Stock of Where You Are <ul style="list-style-type: none"> • Review dashboard assessments and explore implications • Identify and prioritize short term opportunities for revitalization and learning | <ul style="list-style-type: none"> • Complete Work & Life Dashboard & Action Plan • Complete Growth Mindset Assessment • <i>Read: Growth Mindset</i> by Carol Dweck |
| 4 | 3/21/23 | Understand What Energizes & Renews You <ul style="list-style-type: none"> • Share insights from your audit of your time and your commitments • Identify opportunities to shape your current work & life for the better | <ul style="list-style-type: none"> • Complete Time and Commitments Audit • <i>Watch: What Makes a Good Life, Robert Waldinger</i> • <i>Read: Identity based habits</i> by James Clear |
| | | BREAK | |
| PART 2 | | Reimagine and Re-invent | |
| 5 | 4/11/23 | Define the Architecture for Your Future Life and Work <ul style="list-style-type: none"> • Review and discuss your expectations and “non-negotiables” for your future | <ul style="list-style-type: none"> • Complete Personal Values assessment • Draft Your Future Life Architecture • <i>Listen to Interview with Sara Lawrence Lightfoot on “the Third Chapter”</i> |
| 6 | 4/25/23 | Set a Future Vision <ul style="list-style-type: none"> • Review and refine your vision for your future life and work | <ul style="list-style-type: none"> • Draft your Future Vision • <i>Watch: Should you Live for your Resume or Your Eulogy</i> by David Brooks |
| 7 | 5/9/23 | Identify and Build on your Strengths <ul style="list-style-type: none"> • Explore implications from the VIA Strengths assessment | <ul style="list-style-type: none"> • Complete the VIA strengths survey • <i>Read: Chapter 2, Ripeness if All: Social and Emotional Maturation, from Aging Well</i> by George Valliant |
| 8 | 5/23/23 | Chart the Path Forward: <ul style="list-style-type: none"> • Strategies for confronting roadblocks and mobilizing resources • Refine three- month goals and action steps | <ul style="list-style-type: none"> • Update your Work & Life Dashboard • Create a “30-60-90 day plan “ of interim goals and first steps • <i>Read: Moments of Greatness, James Quinn</i> |
| 9 | 6/6/23 | Keep Energized and Stay the Course <ul style="list-style-type: none"> • Confirm gameplan for sustaining progress • Course evaluation | <ul style="list-style-type: none"> • Draft a gameplan and goal setting for sustaining progress |
| | | POST COURSE | Option to join a peer-to-peer group to continue the work |