

Topics Covered By Presenter

Mark C Medlin - Living Your Purpose

Module 1: Assess who you are today (90 minutes)

By the end of this module, you'll know how to engineer your transition to retirement in the way that best supports your desired outcomes.

You will discover:

- ✓ How the retirement planning journey works
- ✓ What the potential pitfalls are
- ✓ Details about how, based on the nature of your character, you can best navigate through this change
- ✓ Enhanced awareness of your strengths and areas for improvement across physical, emotional and cognitive dimensions

Module 2: Envision your best chapter (90 minutes)

By the end of this module, you'll have clear dreams and visions of your desired future, and you'll begin to experience the excitement of planning for a future of meaning, belonging and vision.

You will discover:

- ✓ How to uncover new internal creative information about your hopes and dreams
- ✓ Tips on how to deal with internal resistance and procrastination
- ✓ Ways to enlist others in supporting your retirement planning journey
- ✓ Several approaches to identifying and then updating your vision of fulfilling retirement

Module 3: Build your launching pad (90 minutes)

By the end of this module, you'll be able to help others understand how your retirement decisions reinforce your chosen life purpose.

You will discover:

- ✓ How the things you enjoy doing connect to the things you are most passionate about in life
- ✓ Knowledge of how others approach life purpose work
- ✓ Enhanced awareness of how to enlist others to support your purpose exploration
- ✓ Several approaches to identifying and then updating your organizing purpose in life

Module 4: Plan your community of structure and support (90 minutes)

By the end of this module, you will have specific strategies for ensuring that, over the long term and despite life's inevitable changes, people you respect, feel a high degree of mutuality with and care about are available to you when you would like to offer or receive support.

You will discover:

- ✓ Ways in which your life purpose, your sense of meaning and the people closest to you can all reinforce each other in the days and years ahead
- ✓ How to engage others in building more intimate and sustaining circles of mutual support
- ✓ How to develop realistic and optimistic expectations of yourself and others in community
- ✓ Strategies for expanding your experiences of community with others

Module 5: Live into your best chapter (90 minutes)

By the end of this module, you will understand how to keep productive changes happening in your life as you work to sustain the successes of your transition into retirement and as you learn, grow and adapt over time.

You will discover:

- ✓ How to live into your unfolding experience of purpose-driven retirement with trust, grace and appreciation
- ✓ The role of habit formation and daily practice in building toward transformative experience
- ✓ Strategies for dealing with problems and "stuck" places as they occur over time

Module 6: Leave a legacy you can be proud of (90 minutes)

By the end of this module, you'll explore a more expansive and holistic definition of "legacy." Here we explore the ways in which you would like your investment of your own time and energy to leave a lasting presence that others appreciate. This is not about money; this is about what your life purpose work can leave behind for others to use.

You will discover:

- ✓ Approaches to end of life that embrace meaning, purpose and community
- ✓ Ways others have ensured a lasting presence long beyond their own lifetime in dimensions beyond finances
- ✓ Strategies for helping others understand and appreciate your desires and rites of passage