



Adaptive Living

From Fear to Love

Pathways to Progress - A Virtual Learning Series

Why Attend: To elevate our hearts and minds so we are more adaptable, productive, and committed to a higher level of personal development in this rapidly changing world.

When: Wednesdays from 12 noon- 1:30 pm ET, starting July 1, a nine-week series.

Who: Anyone 25 years old to 100+ and especially ideal if 50 or older.

How: Via secured Zoom link, once registered via [TheMountainRLC.org/adaptive-living](https://www.TheMountainRLC.org/adaptive-living) or by calling the office at 828-528-5838.

Cost: Free, however a suggested donation of \$80 or more is welcomed and appreciated for entire 9-week series. Contribute to The Mountain Retreat and Learning Center online.

Facilitators:

Dr. Rita Brodnax, neuroscience expert, education leader, and OLLI presenter.

Dr. Dudley Tower, Furman University OLLI Coordinator with broad experience in corporate and education arenas.

Topics Covered By Presenters

Session #1: **Introductions, Preview, and Facilitated Discussion.**

DR. DUDLEY TOWER: Aging Dynamically

Session #2: **The New Reality for an Aging Adult**

Adults > age 65 = 1/4 of population in 15 years
New Stage in Life requiring meaning/purpose/growth Increasing
unpredictable and uncontrollable change A new paradigm for
aging and retirement

Session #3: **Self-Awareness: The Key to Unlocking the Door**

How our "Ego" keeps us in limitation
Mindfulness, Self-Awareness, and Personal Development
Personal Inquiry

Session #4: **Personal Development: It Makes Everything Better**

Adaptation and Development work together
Meaningful Engagement
Developmental process and practices

Session #5: **The LIFE Model of Adult Development**

A Stage Theory of Aging Development
Becoming a Complex Adaptive System (CAS)
A Few Simple Rules

DR. RITA BRODNAX: Harnessing Happiness in Turbulent Times

Session #6: **Happiness and Well-Being: Past and Current Views**

How do we rank? Happiness Survey Results from 156 Countries
The New Neuroscience of Happiness and Well-Being

Session #7: **Get Ready, Get Set, Go!**

Cocoon, Grow and Savor!
KISS: Most Powerful Practices
"Productive" and "Fertile" Thinking Cues

Session #8: **From Fear to Love**

Planning for Success: Personality Traits and Individual Differences
How Overdone Strengths Can Become Weaknesses
Self-Compassion and Compassion for Others

Session #9: **Cross-Generational Interactions That Promote Happiness**

Relationship IQ, Emotional IQ and Social IQ
Be a Surrogate and Get a Surrogate
Action Plan for Adaptive Practices in Happiness

Questions? Reach Program Coordinator Phil Sterner at: 336-406-3926 or phil.sterner@gmail.com.