YOUR NEXT PHASE:

Making the Most of Your Retirement ©

COURSE SYLLABUS
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for UC Berkeley OLLI

MIGHT THIS BE YOU?

- Are you thinking about retiring and wonder what life will be like in the years ahead?
- Are you retired and keeping busy, yet feel like your life is still missing something?
- Do you aspire to live with a greater sense of purpose, meaning and joy?
- Are you hoping to build on your life's learnings, your strengths, creativity and interests?
- Are you looking to give back and make a difference?
- Are you seeking connection to new friends or a new community?
- Are you feeling a bit overwhelmed as you think about your future?

If you're one of the 10,000 people who retire each day in this country (Forbes, 2024), you've probably asked yourself one or more of these questions. You've saved for retirement, but money isn't everything. You may still be grappling with how to make the most of the precious time ahead.

What do you want? Who will you be? How will you live your best life in retirement?
Now is the time to invest in yourself and make the most of your retirement years!

WHAT YOU'LL EXPERIENCE AND GAIN DURING THE GUIDED WORKSHOP JOURNEY

- Dedicated time to thoughtfully reflect on your life, career and retirement
- New ways of thinking about where you are now and the life you want in the years ahead
- Heightened awareness of resources and opportunities to explore in retirement
- Thoughtful discussions with others participants in a safe and supportive environment
- The satisfaction knowing you've done something important for YOU

WORKSHOP SCHEDULE

- Week One — Reflecting on your purpose and what helps you to flourish
- Week Two — Living your values and balancing what's important to you
- Week Three — Building on your strengths in your next phase
- Week Four — Moving forward with intention and courage

WORKSHOP FORMAT:

Brief presentations, large group discussions, small group discussions, pairs share, self-assessment and time for reflection, review of useful planning tools and actionable resources.

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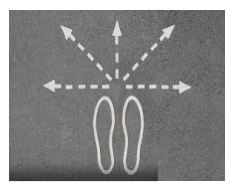

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