Your Instructor

John E. Nelson is a career and retirement coach, and coauthor of What Color Is Your Parachute? For Retirement. His work integrates research from psychology, economics, medicine, and other fields. John’s Well-Being model has been used by the federal government, professional associations, AARP, the United Way, FORTUNE “100 Best Companies to Work For” employers and others. John and his work have appeared in TIME, The Wall Street Journal, The New York Times, USA Today, Business Week and others.

John taught at the University of Wisconsin while completing the coursework for a PhD. He wrote the parachute book instead of a dissertation—even though he knew it wouldn’t count! Visit www.johnenelson.com.

General Information

Location: Pyle Center, 702 Langdon St, Madison, Wis.

Times: Registration 6:30 pm Friday, retreat from 7-9 pm Friday and 9 am to 4 pm on Saturday.

Fee: $150 includes instruction, materials, CEUs, refreshments, and a $20 nonrefundable administrative fee. Couples discount available.

Accommodations: Please make your own travel and lodging arrangements. Maps and information on lodging and parking are sent with you registration confirmation. A block of rooms is available at Lowell Center, 610 Langdon St (one block from Pyle Center). To make reservations call 608-256-2621 and use group code: RETIRE. You may also make reservations online: http://bit.ly/retire19sep. The rooms will be released to others 4 weeks before the program dates. Lodging costs are not included in the program fee.

Attend this retreat and explore the city of Madison and UW-Madison campus! Your program takes place just a few steps from the shore of beautiful Lake Mendota and the fun-filled UW Memorial Union. The Union is famous for its tasty Babcock ice cream, made on campus, and for its wonderful lakeside terrace—a delightful spot for watching sailboats and enjoying a bite to eat. Nearby is Madison’s bustling State Street, home to a variety of ethnic eateries. Enjoy people-watching while you stroll the few blocks from campus to the Wisconsin Capitol. Make it a weekend—enjoy the sights of Madison as you consider your retirement possibilities at an educational Continuing Studies retreat.
Retirement Happiness: Planning Your Next Stage of Life

Sept 19 & 20, 2014; Pyle Center, Madison, Wis.
Begins on Friday from 7-9pm and continues Saturday from 9am-4pm.

This retreat will help you:

- Identify sources of meaning and purpose for your next stage of life.
- Determine how to stay engaged and connected after you retire.
- Explore new approaches to your health and medical care.
- Understand the financial connections to happiness.

Retirement is changing! Rather than decades of pure leisure, it can be a life stage filled with new forms of engagement and purpose. While financial security and good health provide a foundation, they aren’t enough. Emerging research shows the importance of addressing the social and psychological aspects of retirement as well. You’ll learn new concepts and practical approaches.

A fresh map of life
As humans live longer, healthier lives, we’re re-examining traditional ideas of work and retirement. Instead of being put out to pasture, this workshop shows you how and where you can look for new opportunities and positive challenges.

Putting money in its place
Financial preparation for retirement is absolutely essential. However, even with financial security, we can end up feeling disconnected and unfulfilled. Instead, learn how to use money to create more life satisfaction in retirement.

Approaches to health and vitality
Aging is a part of retirement, which leads to greater use of the health care system. You’ll learn how to determine which types of medical care you’re most likely to seek in the future, and what practices will help maintain your vitality as you age.

New roles and relationships
People identify deeply with their work roles, and build strong relationships with coworkers. Losing those roles at retirement can leave us isolated and unfulfilled. You’ll learn how to navigate the transition, and make new connections.

Putting your strengths to work
Using our strengths and skills brings engagement and meaning to our work lives. Finding new outlets for those skills in retirement is one of the surest paths to happiness. This workshop helps you identify and harness some of the best parts of yourself.

During this retreat, you’ll use an interdisciplinary model to plan your next stage of life. This holistic approach helps you identify your greatest resources and opportunities—and also address unforeseen challenges.

After participating in this program, you will be able to:

1. Understand the elements of well-being in retirement.
2. Develop goals and objectives based on your personal values.
3. Identify action steps to take for creating the life you want to live.

For general or more specific CEU information, contact retreat coordinator Barbara Nehls-Lowe, bnehlslowe@dcs.wisc.edu or 608-890-4653.

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www.oakwoodvillage.net/