

Leader's Guide—Retired ➔ Reinspired: Living On Purpose After 50

Topic	Materials	Content	Time
II. The Changing Face of Retirement			
The Changing Face of Retirement	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;"> Overhead 5 The Retirement “Boom” </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Overhead 6 Aging Stereotypes </div>	<p>A major influence on the changing face of retirement is the baby boom generation. A baby boomer will hit age 50 every seven seconds until 2014!</p> <p>The big picture (from 1998 AARP Study)—changing demographics, attitudes, approaches (refer to overhead (OH)):</p> <ol style="list-style-type: none"> 1. Fewer “real” retirements—Only 13% won’t work at all (refer to “enthusiasts” on OH). 2. 87% of “retirees” continue to work for interest, enjoyment, to keep busy, or because they have to. 3. Many more options, e.g. multiple retirements, bridge jobs, consulting, job sharing, part-time, volunteering, etc. <p>These changing approaches are just reflections of today’s dynamic, chaotic workplace and fast-paced life-styles.</p> <p>Ask: Any comments or questions?</p> <p>The big picture is interesting, but what’s the impact on individuals? That depends in part on your views about aging.</p> <p>Most of us share some common beliefs about aging, and many of them are myths or stereotypes that may not be true at all. (For example, “We’re all likely to be driving motor homes down the freeway at 45 mph with the turn signal continually flashing.”)</p> <p>Ask: What are some myths you hear about aging and retirement? (Award a fun prize for the first or most unusual expression.)</p> <p>These stereotypes are suggested by a retirement expert, career counselor Helen Harkness, who’s in her 70’s (Refer to OH.)</p>	9:40 :10

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		<p>Could these be qualifications for a “Knitting and Whittling Society?” If we believe these myths and stereotypes, so do others—employers, product marketers, even our families!</p>	
<p>Your Retirement Conditioning and Expectations</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;"> <p>Handout 2 Retmt. Conditioning and Expectations</p> </div> <p style="text-align: center;">Blank Easel Page</p>	<p>So there are myths and stereotypes about retirement, but there is also reality. Let’s talk about the reality and make this personal. Write your answers to these questions about family conditioning and your experiences (refer to Handout (HO).) (5 minutes.) -----</p> <p>Ask: How did the writing experience go? Any insights about how you look at retirement, and why?</p> <p>So we have quite a mixed bag of stereotypes, others’ expectations and personal conditioning to deal with. Let’s make it really personal. Let’s create a list together of what you’re concerned about; what’s on your mind right now as you look forward to this strange new time of life called retirement?</p> <p>Brainstorm: Write issues raised on easel page. These can include, among others:</p> <ul style="list-style-type: none"> • Loss of identity • Filling my time • Impact on significant relationships • Different views: man/woman; breadwinner/spouse • Leisure • Health • Empty nest/kids returning/sandwich generation • Aging parents • Money: Enough? Different approaches to spending/managing? 	<p>9:50 :15</p>

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<p style="text-align: center;">Thinking New About Retirement</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; text-align: center;"> <p>Overhead 7 Passionately Reinspired</p> </div> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p><i>Handout 15 Suggested Resources</i></p> </div>	<p>Is there an alternative to growing old, declining and worrying incessantly about all these impending issues? You bet. Here are some folks (Refer to OH) who've turned their lives around to follow a new dream at a late stage in life:</p> <ol style="list-style-type: none"> 1. Katherine Graham took the Wash. Post to a completely new level of success after husband's death. 2. Paul McCartney held his first art show in Germany at age 48. 3. Golda Meir became Prime Minister of Israel at age 72. 4. Marjorie Newlan won her first body-building contest at age 72. 5. Thomas Dwyer began his dancing career at age 60 and is now principal dancer at the Liz Lerman Dance Exchange. <p>Each of these people was successful at something—like you!— and yet was reinspired to take on a new commitment and express their passion in a different way.</p> <p>The question for you today is how can you go from success to being reinspired. Politician? Dancer? Volunteer? Consultant? Golfer? When you know what it is, be sure you make up a business card! It's a symbolic way to identify yourself as more than an employee.</p> <p>Ask: Has anyone made up a non-business business card for themselves? (If so, award a prize or two.)</p> <p>There are lots of resources which can help to break open the old myths about aging to help people look at things in a new way. Some we like most are on our Suggested Resources list (Refer to HO).</p>	<p style="text-align: center;">10:05 :05</p>