Encore Transitions: The Series

For many of us, the next decade will bring transitions in both work and life. As we think about what’s to come after our primary careers, it can be challenging to envision, let alone create, a fulfilling and secure future. What’s more, we’re expected to leap into that future overnight. But retirement isn’t an event, nor is it a one-size-fits-all proposition. It’s a process that takes time, especially as we look toward post-career lives that are likely to last as long as our working lives.

*Encore Transitions* is a series of four courses designed to help you prepare for successful post-career life by focusing on personal, professional, and social satisfaction, as well as timely financial and health matters. Whether it is through a new line of work, service, learning, or other meaningful activities, *Encore Transitions* emphasizes post-career engagement as a foundation for vitality, happiness, and healthy longevity.

You may take individual courses or the four-course series. Two additional courses, *Design Thinking* and *Positive Psychology*, offer additional study if you would like to dig deeper into actively creating your Encore plans.

Pathways to Post-Career Life

May 3, 9 a.m.–4 p.m.

Course includes: *Encore Transitions* (Dr. Kate Schaefers), *Relationship Evolutions* (Dr. Kate Schaefers), *Internal Compass: Identifying Values, Talents, and Priorities* (Bill Lindberg), and *Thrive: The Broaden and Build Theory of Positive Emotions* (Amy Gunty).
Financial Planning for Retirement

May 10, 9 a.m.–4 p.m.

Course includes: *Unretirement* (Chris Farrell), *Social Security and Medicare Primer* (Rhonda Whitenack), *Estate Planning: Your Financial Foundation* (Karen Hansen), and *Retirement Planning Basics* (Andrew Thelander).

Aging Well, Being Well

May 17, 9 a.m.–4 p.m.

Launching Your Future

May 31, 9 a.m.–4 p.m.

Course includes: *A Purposeful Quest* (Barbara Hoese), *Finding Meaning, Money, and Happiness in the Second Half of Life* (Chris Farrell), *The Best Age: Framing, Naming, and Embracing Our Years* (Sally Brown), *Reset: Mental Programming for the Next Chapter* (Robyne Robinson), and the Encore Transitions resource fair.

Additional Study

While not included in the series, *Design Thinking* (Virajita Singh, one session, June 20) and *Positive Psychology: The Science of Well-Being* (Amy Gunty, four sessions, begins July 9) allow you to dig deeper and maintain your momentum as you actively create your Encore plans.

*All courses are offered in cooperation with the University of Minnesota’s Office of Human Resources.*
My thoughts and plans for retirement changed dramatically as a result of this series. It presented me with many, many new options and new ways of looking at this stage in my life. I will have better “encore” years because of what I learned.

—Encore Transitions alumnus

Registration and Tuition

Visit the Encore Transitions website for speaker biographies and complete registration information. Take individual courses for $155 or the four-course series for $495. Tuition includes meals and refreshments. No discounts. All programs subject to change.

Tuition for additional study is: Design Thinking ($95) and Positive Psychology: The Science of Well-Being ($165).

Location

All courses take place at the Continuing Education and Conference Center on the University of Minnesota’s Saint Paul campus.

Contact Us

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