

## Time of your life workshop – the plan!

### Prework

A little bit of homework before the workshop...  
Reflecting on the journey so far  
Completing the SDI personal profile questionnaire

### Day one

#### Welcome and introductions

Time to settle in and get to know each other  
Share our feelings about the next stage of life  
Get in the mindset for life planning

#### Ageing isn't what it used to be!

Putting our life span in context for today's world  
What is mid-life? Later life?  
How are we ageing differently and what does this mean?

#### The search for happiness

What is happiness? How do we measure it?  
The Pleasure Purpose Principle

### Take a break!

#### My life map

Time to take stock  
What does life look like right now?  
How do you spend your time?

#### Future landscapes

Setting out a framework for the next stage of life  
What's important?  
What would you like to be different?

### Time for lunch

#### Wellbeing masterclass

Masterclass with Kate Airey from Nurtured Warrior  
The 4 Pillars of Health – Exercise, Nutrition, Stress, Sleep  
Guided relaxation activity

### Take a break!

#### The Journey so far

Learning from our past  
What has worked well?  
What habits need breaking?

#### Dare to dream

Time to use your imagination!  
Expanding ideas of what's possible

#### Until tomorrow

Summary of day 1  
Preparation for day 2

## Time of your life workshop – the plan!

### Day two

#### Reflections

Time to check in and recap  
Any questions?

#### Hidden Talents

Understanding what makes us human  
Who is the real you?

#### Skills for life

Exploring and valuing your skills  
How can you transfer your skills to new opportunities?

### Take a break!

#### Finding my feel good factors

Time to discover your sense of purpose  
Understanding your Total SDI personal profile  
Exploring your personality and key drivers  
Applying your insights to your life plan

### Time for lunch

#### Wonderful me

Summarising your unique strengths  
And recognising your challenges and limitations!

#### Choosing the direction

Creating your portfolio life  
Which options are right for you?  
Time to make some choices

### Take a break!

#### Making change stick

Moving forward  
How will you manage the change?  
Tips for getting going and keeping up the momentum

#### Next steps

Making commitments for the future  
Time to say goodbye for now!