Further Becoming: Ten New Declarations from Women Over 50!

OLLI Boulder Winter term, 2020
6 week course: Tuesday afternoons, beginning January 14, 2020

Suggested reading:
Excerpts from Further Becoming: The New Declaration from Women Over 50
by Sue Brightman; Composing A Further Life by Mary Catherine Bateson;
Women Rowing North by Mary Pipher

Facilitator: Sue Brightman
sue@brightmangloverint.com | www.suebrightman.com | 303.530.3458

This course will focus on 10 promising themes that emerged from Sue’s interviews with 100 women between 50-80 from all walks of life. The themes blast the old narrative of decline, disengagement, and invisibility out of the water and replace them with inspiring and affirming ways women are pioneering this whole new stage of life. New realities of creativity, “firsts,” and active wisdom are being lived by women in their 50s, 60s, 70s and beyond during what cultural anthropologists call “adulthood II.” In these six sessions, we will engage how the themes are being experienced in our own lives through small group exercises, reflection, and large-group discussions. Men and women are both warmly welcome.

**Week 1 – Jan 14: The Promising Big Picture**
- Demographics and the new “adulthood II”
- Overview of 100 interviews
- Ten themes about life over 50 and their “antidotes to”
- Identifying what we’re done with
- Small group dialogue: Where do these show up in your life?

**Week 2 – Jan 21: The Big “What Now?”**
- The new basis of work and creativity
- Tools for the exploration: intuition, curiosity
- 3 ways the big “what now?” is being answered
- The thrill of firsts
- Individual & group reflection: What are you pioneering? Creating for the first time?

**Week 3 – Jan 28: Non-Negotiable Ways of Being (Inner)**
- The importance of spirituality
- Solitude’s role for the soul
- New expressions of beauty and “the magic of the ordinary”
- Small group discussions: How do you relate to the themes about solitude, beauty, and connecting to the divine (Higher Power)?

**Week 4 – Feb 4: Non-Negotiable Ways of Being (Outer)**
- Tending to the vessel
- New ways of enacting self-care: focus on healthy eating, sleeping, exercise
- Top tips from 100 women on what works best
- Individual reflection: What small step might you take?

**Week 5 – Feb 11: Friendships and Mentoring**
- How do we mentor when there is no village?
- Valuing the “anvil of our becoming” as part of our legacy to pass along
- Relationships that matter and how to create them (a lesson from Blue Zones about moais)
- Small group brainstorming: Where can you create village moments? Is there a moai you might like to form?

**Week 6 – Feb 18: Looking Forward and Celebration!**
- New cultural practices we can adopt and spread
- Key learnings and new intentions
- Group celebration