

"Finding your way to rise"

RESULTS COACHING SERVICES



## **The Uplift Years Workshop: Transformative Experiences for Seniors**

**Caring for the elderly involves unlocking their potential,  
not just meeting their needs.**

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By: Susana M.

**Thank you** for exploring the possibilities with UpliftU's Life Programs— an empowering journey designed to elevate the well-being and fulfillment of the elderly under your care. At UpliftU, we don't just aim to guide; we're on a mission to spark the flames of self-discovery, propel individuals towards their full potential, and make a resounding positive impact on those yearning for meaning and purpose.

Our values are the guiding force that we rely on at UPLIFTU. We take pride in building meaningful connections, promoting self-worth, and prioritizing service to others. Choosing UPLIFTU isn't just a decision; it signifies a transformative commitment. Think of us as a beacon of light, leading the way for our community, driven by a vision to be the catalyst for growth and empowerment. Our mission is clear: to redefine, innovate, and transform the aging landscape. We embrace values that truly matter - inclusivity, compassion, and growth.

**"Every moment has an opportunity to uplift the spirit, and at UpliftU, we're here to guide you through that transformative journey. Let the chapters of your life unfold with grace, wisdom, and the assurance that your story is one of continuous growth, self-love, and enduring purpose. Welcome to UpliftU, where age is just a number, but the spirit is timeless!"**



# The Importance of Personal Growth and Self-Discovery for Seniors

As individuals move into the later stages of their lives, personal growth and self-discovery gain more importance. As an event manager for care providers or a representative for community centres, you have the ability to inspire and encourage mature individuals to embrace personal growth and self-discovery. One way to do this is by organising workshops such as the Uplift Years Workshop, which can provide seniors with transformative experiences that help them unlock their potential, achieve their goals, and lead purposeful lives. By promoting personal growth and self-discovery, you can increase the well-being and happiness of seniors, encourage robust connections within the community, and ensure that seniors enjoy their golden years as a period of growth and fulfilment.

### **Why Personal Growth and Self-Discovery Matter:**

Personal growth and self-discovery are essential for a fulfilling life, regardless of age. However, they hold particular significance for older adults who are entering a new phase of life. Engaging in personal growth activities allows individuals to continue learning, growing, and discovering new things about themselves. This process can help them unlock their true potential, achieve their goals, and live a meaningful and purposeful life. Adults who pursue personal growth are more likely to find a sense of purpose, spiritual growth, and fulfilment in their later years. By embracing change and new opportunities, they can lead a more vibrant and fulfilling life.

### **The Role of the Uplift Years Workshop:**

The Uplift Years Workshop is designed to empower seniors in their journey of personal growth and self-discovery. It offers transformative experiences through a variety of activities such as reminiscence exercises, interactive and practical activities, positive aging content, mindset methods, and group discussions. The workshop provides seniors with the necessary tools and support to overcome challenges and obstacles they may face in the later stages of life. Apart from this, the Uplift Years Workshop also focuses on building strong connections and fostering a sense of community among seniors. This is important as social interaction plays a significant role in personal growth and well-being.

## Older Adults Needs

### **1. Health and Wellness**

Older adults generally value good health and well-being. They often appreciate efforts to maintain or improve their physical and mental health.

### **2. Independence and Autonomy**

Independence and autonomy are extremely significant, as they provide a sense of control over their lives.

### **3. Social Connections**

Relationships with family, friends, and communities are often highly valued. Many older adults cherish social connections for emotional well-being. Opportunities for social engagement, community involvement, and programs that facilitate connections with others. Addressing issues like loneliness is important.

### **4. Purpose and Meaning:**

Having a sense of purpose and meaning in their lives, contributing to their community or pursuing personal interests. Access to activities that provide a sense of purpose, opportunities for volunteering, and programs that stimulate intellectual and creative interests.

### **5. Learning and Growth**

The desire for continued learning and personal growth persists into old age. Access to educational programs, opportunities to learn new skills or hobbies, and engagement in lifelong learning.

### **6. Respect and Dignity**

Be treated with respect and dignity, acknowledging their life experiences and contributions. Culturally sensitive and age-friendly services, healthcare that respects individual preferences, and programs that combat ageism.

### **7. Financial Security**

Financial stability is crucial for peace of mind and a comfortable lifestyle in retirement. Adequate money mindset, financial education, retirement income, access to financial planning resources, and assistance with navigating financial matters.

### **8. Accessibility and Inclusion**

Environments and services that are accessible and inclusive.

### **9. Quality of Life**

Overall quality of life, encompasses various aspects like physical and mental well-being, social connections, and a sense of purpose. Comprehensive approaches that address multiple dimensions of well-being, including healthcare, social support, and leisure activities.

### Workshop Overview

UPLIFTU has developed a two-day workshop for group transformation with a maximum of 15 participants. The workshop is designed to empower communities by addressing various aspects of senior life, including strategies for positive aging, overcoming challenges, and building strong connections with the community. One of the significant benefits of The Uplift Years Workshop is its focus on spiritual growth and finding purpose in later years. Many adults experience a sense of emptiness or uncertainty during the later stages of life, and this workshop equips them with the tools and guidance to explore their inner selves and discover a renewed sense of purpose. Participants will learn how to cultivate spirituality, find inner peace, and connect with their inner selves, enabling them to live a more meaningful and fulfilling life. The workshop also provides practical strategies for positive aging and longevity, such as maintaining physical health, enhancing mental well-being, and adopting lifestyle habits that promote longevity. By learning effective self-care techniques and embracing positive aging strategies, seniors can improve their overall well-being and happiness.

Participants in the workshop will engage in goal-setting exercises and receive personalised coaching to help them overcome obstacles and achieve their dreams. This aspect of the program is designed to instil a sense of empowerment, resilience, and motivation among seniors, encouraging them to embrace change and pursue new opportunities. Through group activities and meaningful discussions, participants will have the opportunity to build strong relationships and support networks. This sense of community is essential for enhancing well-being and happiness in later years.

### Our Milestones:

- **Innovate Care** and redefine the landscape through innovative coaching services and holistic well-being programs.
- **Transform lives** by empowering participants to unleash their full potential, fostering transformative experiences leading to personal growth and clarity.
- **Advocate for Self-Worth** by champion the belief in self-worth, emphasizing inherent value at every life stage.
- **Community Connection** by fostering a supportive community, promoting meaningful relationships and shared experiences.
- **Client-Specific Alignment** was the workshop is tailored to meet the unique needs of your community, aligning with your commitment to providing exceptional care and support. By incorporating specific methods and elements, we ensure an enriching experience that resonates with participants.
- Support participants **creating a legacy and leave a lasting impact** on their communities and loved ones.



## Benefits for Participants:

- **Enhanced self-worth** and resilience to navigate life's challenges.
- **Practical strategies** for promoting **longevity** and overall well-being.
- Opportunities for **social interaction and community building**.
- **Holistic Well-being**: Addressing physical, mental, and emotional aspects.
- **Deeper sense of spiritual** connection and **meaning**.
- Fostering connections and **shared experiences**.
- Positive **Mindset** by instilling optimism and **reframe age and challenges**.
- **Clarity and Purpose**, by helping participants define and pursue their goals.
- **Joyful Atmosphere**, Infusing fun into the journey of **self-discovery**

## Why Investing

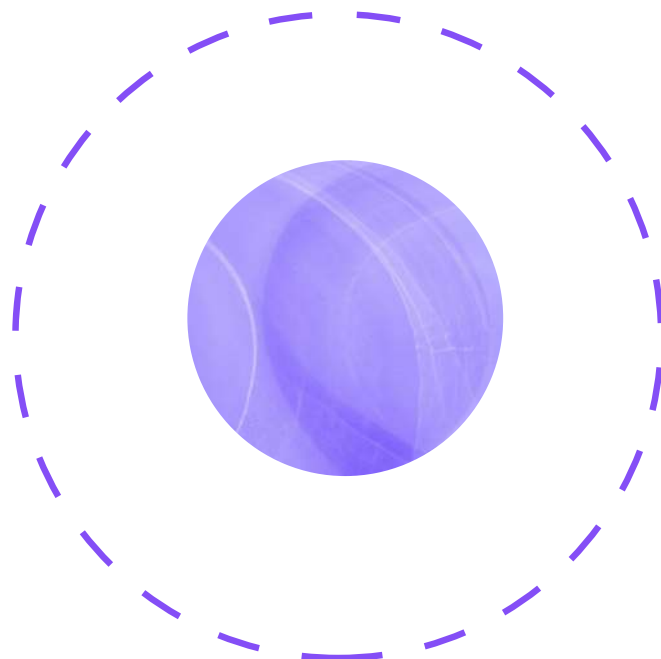
Studies show that self-development training empowers older adults, leading to:

- Reduced reliance on care, as newfound confidence and skills translate into increased independence.
- Greater enjoyment of their home environment, fostering a sense of mastery and control over their daily lives.
- A delayed need for residential care, allowing them to flourish in the comfort of their familiar surroundings for longer.

Investing in your residents' well-being isn't just the right thing to do; it's a smart decision.

By partnering with UPLIFTU, you can:

- Reduce care time per resident as they become more self-sufficient and engage in meaningful activities.
- Extend the lifespan of home care programs, saving costs and enriching the lives of your residents in their preferred setting.



# Understanding the Power of Transformative Experiences in Later Years

**Personal Growth and Self-Discovery for Seniors :** In the later years of life, transformative experiences play a pivotal role in enhancing personal growth, spiritual fulfillment, and overall well-being for seniors. Transformative experiences have the ability to ignite personal growth and self-discovery in seniors. Through workshops like the Uplift Years, seniors are exposed to various activities that encourage reflection, self-expression, and exploration of their passions and interests. These experiences provide a platform for seniors to rediscover themselves, redefine their goals, and unleash their true potential.

**Spiritual Growth and Finding Purpose in Later Years:** For many seniors, finding spiritual alignment and purpose becomes a priority. Transformative experiences offer a pathway to explore and deepen one's spirituality. Through meditation, mindfulness exercises, and engaging discussions, seniors can connect with their inner selves and discover a renewed sense of purpose, meaning, and connection with the world around them. Retirement is often seen as a time of relaxation and leisure, but it can also be a period of self-reflection and self-discovery. Many seniors find themselves searching for meaning and purpose in their later years, longing for a fulfilling life that goes beyond simply enjoying their newfound freedom. This subchapter aims to address the needs of event managers of care providers and community center representatives who are interested in assisting seniors in their journey of personal and spiritual growth.

### **Positive Aging and Longevity Strategies for a Meaningful Life:**

Understanding the significance of habits, and changing your mindset to adopt positive aging and longevity tactics is imperative in contemporary society. This not only improves the quality of life for individuals but also has a positive impact on those around them. It helps to build a legacy of happiness and kindness.. By participating in workshops that focus on health, wellness, and lifestyle choices, seniors can adopt practices that enhance their overall well-being. From physical exercises tailored to their abilities to nutrition and proven resiliency techniques, these experiences enable seniors to lead fulfilling lives well into their golden years with m years. Seniors often have unexplored talents and unrealised dreams, by shining a light on their gifts and providing a platform for unlocking this untapped potential we empower older adults to achieve their goals. Through mentorship, skill-building workshops, and guidance, seniors can embark on new ventures, develop new skills, and make meaningful contributions to their communities.

## Workshop Agenda & Curriculum

**1. Introduction to Uplift Years:** We begin by introducing the workshop's goals, values, and the importance of personal and spiritual growth for seniors.

Participants will gain a clear understanding of the workshop's purpose and how it can benefit their communities.

**2. Self-Reflection and Goal Setting:**

This module focuses on self-discovery, helping seniors identify their passions, strengths, and goals. Through guided exercises and discussions, participants will learn techniques for setting achievable goals and creating a roadmap for their future.

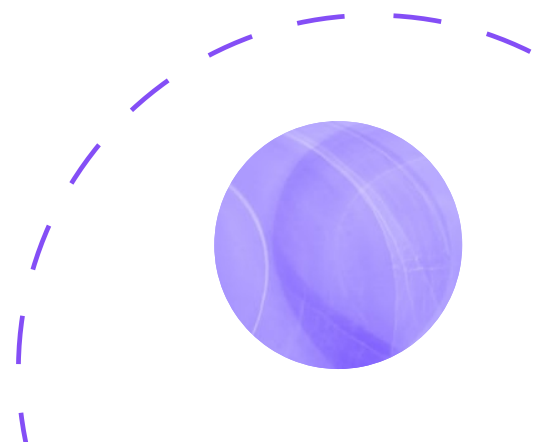
**3. Overcoming Challenges:** Here, we address the obstacles and challenges seniors may face in later stages of life. We provide practical tools and strategies to help them overcome these barriers and maintain a positive mindset.

**4. Building Strong Connections:** Seniors thrive in supportive and compassionate communities. This module emphasizes the importance of building meaningful relationships and fostering a sense of belonging among participants. We provide practical tips and activities to help seniors connect with others, create strong bonds, and foster a sense of community.

**5. Embracing Change and New Opportunities:**

Change is inevitable, and our workshop equips seniors with the tools to adapt and embrace new opportunities. Through inspiring stories and interactive exercises, participants will learn to navigate life transitions and discover new paths to fulfillment.

We provide practical tips and activities to help seniors connect with others, create strong bonds, and foster a sense of community. Throughout the workshop, we incorporate various transformative experiences, including mindfulness exercises, meditation sessions, art therapy, and storytelling. These activities encourage personal and spiritual growth, enhancing well-being and happiness among seniors. By the end of the Uplift Years Workshop, participants will be empowered to lead purposeful and meaningful lives, equipped with the tools and knowledge to overcome challenges, embrace change, and create strong connections within their communities. Join us on this transformative journey and unlock the potential of your seniors!





The curriculum is designed to offer a complete and inclusive approach to empowering seniors, with a focus on personal development and building community. The workshop is divided into multiple modules, each of which covers vital aspects of the transformative experience, spanning over two days.

### AGENDA

#### **PART 1: INTRODUCTION 'THE SCIENCE BEHIND CHANGING YOUR LIFE'**

Icebreaker Holistic activities. Balance you body, breathing & mind. Understanding the mechanics of life. The Biology Of Behaviour: How habits are created & shifted in the nervous system

#### **PART 2: "INNER EXPLORATION"**

Guided meditations. Spirituality & Consciousness. Finding you element. Clarifying your life rules to conquer your negative thoughts, habits & actions.

#### **PART 3: "SELF-COMPASSION, SELF-WORTH AND RESILIENCE BUILDING"**

Understanding your primary question, Storytelling. Your triad method. Cultivating Positive Aging & Gratitude.

#### **PART 4: "LONGEVITY HACKS"**

New longevity studies. Lifespan vs Healthspan. Biohacking tips for a healthy and fulfilling lifestyle.

#### **PART 5: "THE PATH - FINDING MEANING & PURPOSE"**

Building rapport. Creating dreams Road Map for growing. Legacy project. Create your "Mission statement."

#### **CLOSING: "CREATING WHAT YOU WANT"**

Key Insights. Your life principles. Celebration with Incantation.

### Evidence Based Approach: Data & Studies

Our inspiration is science-based. A groundbreaking study on the innovative concept of "**reversecloaking**", a term coined by the eminent psychologist and Harvard professor, Dr. Ellen Langer. In the realm of psychology and mindfulness, Dr. Langer's work has consistently pushed boundaries, and her exploration of reversecloaking is no exception. Reversecloaking, as Dr. Langer describes it, is a transformative approach to traditional mindsets and behaviours. In essence, it involves challenging societal norms and ingrained assumptions to foster a more dynamic and conscious way of living.

The study delves into the core principles of reversecloaking, shedding light on its potential to revolutionize the way we perceive and interact with the world around us. This research has unearthed three key pillars of reversecloaking:

**Mindful Disruption:** Dr. Langer proposes that deliberately disrupting our autopilot mode of thinking can lead to heightened awareness and cognitive flexibility. By challenging routine thoughts and actions, individuals open themselves to a realm of possibilities previously obscured by habit.

**Ageless Thinking:** One of the most captivating aspects of reversecloaking is its application to the concept of age. Dr. Langer's work suggests that adopting a mindset free from age-related stereotypes can significantly impact both mental and physical well-being. This approach challenges the conventional narrative on aging, promoting a more positive and empowering perspective.

**Innovative Engagement:** Dr. Langer emphasizes the power of engagement and active participation in shaping our experiences. Through reversecloaking, individuals are encouraged to question assumptions, fostering a mindset that embraces curiosity and openness. This heightened engagement with the world can lead to increased creativity, improved decision-making, and a richer, more fulfilling life.

As we delve into the implications of reversecloaking, it becomes evident that this approach has the potential to disrupt stagnant patterns of thought, redefine societal expectations, and spark a profound shift in personal growth and development. In conclusion, Dr. Ellen Langer's concept of reversecloaking is not merely an intellectual curiosity; it's a powerful tool for personal transformation. By challenging the status quo, embracing ageless thinking, and fostering innovative engagement, individuals can break free from the constraints of conventional wisdom and embark on a journey towards a more mindful, purposeful existence. As we navigate the complexities of the modern world, the study of reversecloaking beckons us to reconsider the way we perceive ourselves, our relationships, and the world at large. It is a call to action, an invitation to step into a realm of limitless possibilities, guided by the wisdom of a truly remarkable mind.

### Our Strategies

Change is an inevitable part of life, and as we age, we often experience various losses and transitions that can significantly impact our well-being.

In order to sustain our lives, we tend to develop systems and techniques that we find useful. Each individual has their own unique way of doing things which they tend to repeat when it works well for them. We have created strategies that can assist seniors in coping with loss and navigating the changes that come with aging. These strategies include;

**1. Building resilience:** Resilience is the ability to bounce back from difficult experiences. We will explore techniques to enhance resilience, such as developing a positive mindset, practising self-care, and maintaining social connections

**2. Embracing self-discovery:** Mindset can help seniors focus on the present moment, reduce stress, and find inner peace. We will provide practical exercises and tips for incorporating mindfulness and self-reflection into daily life.

**3. Seeking support:** Seniors must have a strong support system. We will discuss the importance of seeking support from friends, family, and community resources, as well as guide how event managers and community centre representatives can facilitate these connections.

**4. Setting Achievable Goals:** Encourage seniors to set realistic and achievable goals that align with their interests and passions. By breaking larger goals into smaller, manageable tasks, seniors can gradually step out of their comfort zones and experience a sense of accomplishment

**5. Finding purpose and meaning:** As we age, it becomes increasingly important to find purpose and meaning in our lives. We will explore various activities and exercises that can help seniors discover their passions, set goals, and find fulfilment.

**6. Embracing change and new opportunities:** Change can be intimidating, but it also presents new opportunities for growth and transformation. We will provide strategies to help seniors embrace change, step out of their comfort zones, and seize new opportunities.

**7. Engaging in Group Activities:** activities that encourage seniors to interact with one another and develop new connections, such as storytelling, and role models. By fostering community and building strong connections, seniors will feel more motivated to try new things and expand their comfort zones. Mission statement & Legacy project

**8. Offering Spiritual Education:** Organising lectures, seminars, and workshops on spirituality can provide seniors with a platform to learn and explore different spiritual traditions.

**Price**

\$4320

**Include Resources**

- 2 days transformative workshop
- UPLIFTU Welcome kit
- Book "Dancing with Time- Guide to a Vibrant Life"
- Workbook
- Habit toolkit

**Bonus offer**

2 x 1:1 coaching sessions for participants

**Next Steps**

We are excited about the prospect of partnering with you to bring UPLIFTU's transformative workshop to your community. Let's schedule a meeting to discuss further details, address any specific requirements, and tailor the program to perfectly align with your vision. Thank you for considering UpliftU. We look forward to the opportunity to empower and uplift the lives of your community members.