

## **Title: \*For Women Only\*: What Brings You Joy?**

**Course Description:** When someone asks you: what brings you joy, or are you happy in retirement, or how would you like to spend your time, do you have an answer? Often, we are so busy with responsibilities at work and home, we haven't stopped long enough to even figure that out! Do you know how much time you spend on activities that you do not enjoy? Are you ready to identify better ways for you to spend your time? Join this class and I will help you focus on you - and what brings you joy.

**Course Objectives:** To provide content via lecture and learning experiences through activities to help course attendees:

- Learn what brings them joy
- Identify 5 specific new joys to try out
- Identify individuals that make up their personal network and why each is important
- Identify barriers and obstacles to increasing joy
- Create a path to joy (an action plan) that will increase the joy in their life

### Week 1

Group Lecture: Overview of course

My Activity: Evaluate my current state

Group Lecture: Where do we spend our time?

My Activity: How do I want to spend my time now? How would I like to spend my time? What can you stop doing? the way you spend your days is the way you spend your life

Keep journal of daily activities for a week

### Week 2

Group Lecture: Don't Do It Yourself: Who is in your network? Who is your personal Board of Directors?

My Activity: Building a Relationship/Networking Map. [Identify my support system: sponsors, mentors, role models, others]

### Week 3

Group Lecture: On barriers and on networking skills

Define barriers and obstacles to achieving joy

Defining your current network

Lecture: How to develop and build a network that supports joy

### Week 4

Identify 5 specific joys to activate

Outline the steps to create a path to joy (an Action Plan Exercise)

Week 5

Discuss "Path to Joy" Action Plan work in progress, questions, advice

What might you experience? Fear, procrastination, jealousy

Content references:

*Wishcraft* by Barbara Sher

AAPL course: Women in Leadership

120 Big Ideas for What to do in Retirement

6 Fresh Ways to Find Your Passion

9 Tips on How to Find Your Passion in Life