



Planning for the Third Age

Conference on the Third Age – to use and enjoy

Reykjavik's Art Museum, September 23rd 2014

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A late bloomer

- Bachelor Degree in Geography, Iceland – 43 years old.
- Internordic continuing education in Community Planning, Stockholm – 46 years old
- Master Degree in Urban Planning, New York - 49 years old.
- Master Degree in Human Resource Management, Iceland - 70 years old.

Who is in their Third Age?

Those who are considering leaving the labourmarket or already have. No age specification.

- First Age: Childhood and education.
- Second Age: Worklife and child raising.
- Fourth Age: Sicknes and dependency.

But in BALL

we use an innovated approach - the definition is extended to those who want to start a new second / third carrier from 50+.



A time of change

BALL, Be Active through Lifelong Learning, aims at facilitating the transition from working into retirement by early and successful planning.

Is transition a problem?



Is planning for it necessary?

Yes, we think so

„Research and experience leads us to believe that early planning for transition is crucial for a successful, productive and enjoyable active retirement.“

The BALL in Iceland - Application for grant

Evris ehf

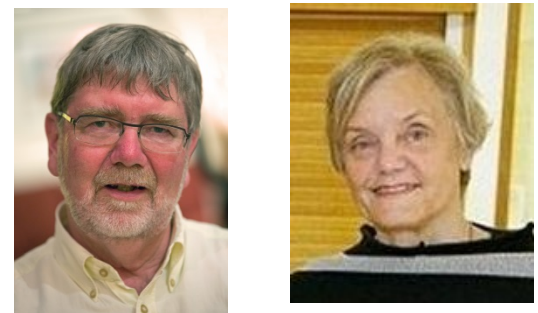


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My „early planning“ A project / life coaching

1. Hiring a project manager
2. Start of the project.
3. Workplan is presented and agreed.



My project – Silver Days

Days of silver can follow when work in the labour market is over and competence, knowledge and skills can be used in a pleasurable and interesting manner.



Life coaching!

- Analyzing competence, situation (circumstances), interests and personal values.
- Setting goals - what did I want to do most of all? (learning, experience and communication)
- Working on action plan – one year – three years



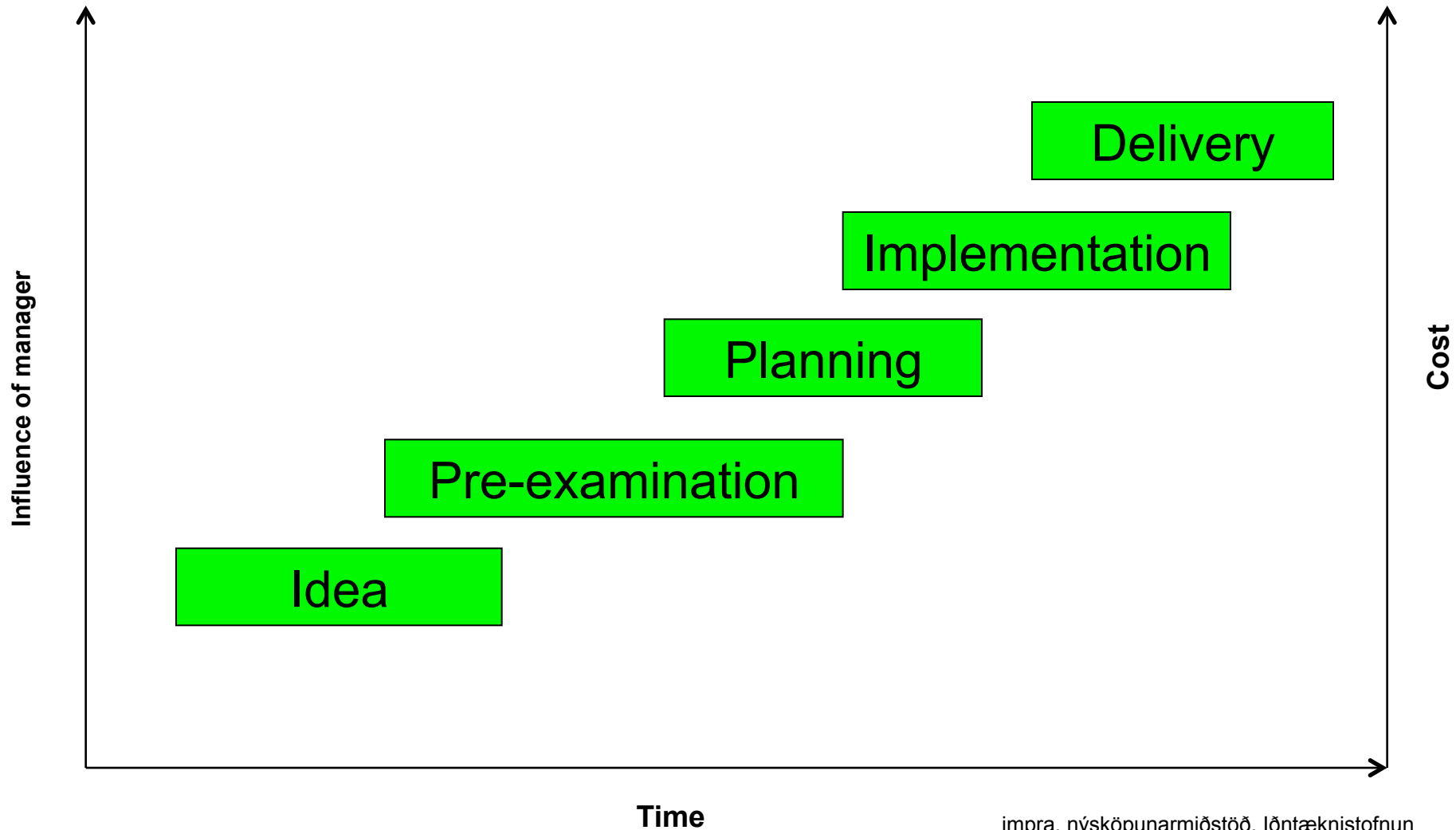
As a project

it should have a beginning and an end with sequences of phases in between with the purpose of reaching a defined conclusion and a plan of actions.

And so it did.



The phases



I wanted my retirement to be

- a time of opportunities, adventure and dreams come true and
- meaningful to me, my family and the community.



Analyzing - who am I?

- Facts about me.
- My interests, anticipations, strenght, competence, threats and fear .
- What influences me, what do others say about me, what do I want to do?
- Attitudes towards retirement?
- The comfort zone? New experience?

Conclusion of pre-examination

My 5 keys

Goals and actions

- Goal setting with the 5 keys as the base.
- Three goals and questions from them.
- The Three Leafs - best – satisfactory – worst
- Actions.
- How to leave my job responsibilities.

The best!

- What do I have to do myself so that the best thing could happen?
- What could I influence the most?
- Where will I be / stand / and have experienced after one year, after three years?

Scenarios

- What do I want to happen?
- How will I achieve that?
- My map of life – the past – the present – the future.
- What do I intend to do and what is needed for that? The next three years defined.

Understanding

- What matters most.
- What life must include.
- What I want to learn and be able to do.

Did the planning make difference?

Five years into retirement - YES

- The cocahing / project has delivered the result it was intended to.
- The plan has been followed broadly.
- The transition was easy.

A box for dreams



“Dream come true”

The founding of The University of the Third Age, U3A Reykjavík.

A meeting place for people to learn and share knowledge and competence as they want and as long they are able to.



U3A came to Iceland via India



World U3A Conference 2010 í Chitrakoot, Indlandi

U3A Reykjavík / The founding ladies



Ásdís Skúladóttir

Ingibjörg R. Guðlaugsdóttir

Lilja Ólafsdóttir

Helga M.

Guðmundsdóttir

Purpose

- To promote that people in their third age have the possibility of various forms of learning without it being a formal education.



Activities in spring 2014

- Series of lectures of different topics.
- One two night course.
- Study visits.
- Five groups working.

U3A Reykjavík today

- 110 members / 292 in all on email list
- Youngest member 50 years – oldest 83 years
- Medium age 68 years - 71% 70 years and younger
- Women 78% of members

U3A Reykjavík has become a resource of knowlegde, experience, competence and skills of people from different aspects of life.

BALL - Lifelong Learning

It is never too late!

I learned to design, build and manage a website that was opened on my 75th birthday.

u3a.is

