

FEEDBACK: *Finding Our Way Workshop* (Fall 2016)

1. Did this Workshop fulfill your expectations? (scale 1 (low) to 5 (high))

Sample responses: 5 / A++ / Great/ Filled expectations (3) / Very helpful-great / Great class – High / 127! Well-structured and conveyed. Instructor reached audience through her personal stories, actions, plans. Great class! Beautiful, constructive and reflective class.

2. What was the most important learning you gained from this workshop?

- Making the people connection. Connecting with like colleagues. Recognizing similarity of emotions experienced by others after retirement.
- To know others have similar thoughts. Interesting to hear people's stories. Learning from others that you are not alone in some of the issues that you faced or struggled to resolve. Loved that people shared fears and hopes. Very positive We are all in this together
- Importance of process in retirement of setting goals and plans/steps and monitoring progress. Reemphasized importance of making a list of possibilities and re-establishing structure.
- Useful suggestions. There are great resources online and in the community
- Most important: Open Possibilities. Take action
- Living in the 3rd act of our lives is ongoing and is a process.
- Becoming and being flexible. Expanding horizons. Not being afraid to fail
- "I've earned this!" awareness in retirement
- I still have 30 years to go!

3. Do you recommend a repeat of this workshop at OLLI? Elsewhere?

- Many "Yes" Good to repeat same class. Recommend sequel or reunion
- Expand to longer class; 8 sessions
- Combine with related classes (example: Changing Behavior)
- Definitely good for recent retirees: Almost seems like "An Introduction to Retirement Course for People New to OLLI"
- Yes – repeat in similar format. But not exact repeat -- maybe encourage even more specific, concrete assignments and expectations and structure

What new workshop or seminar subject (in this general "personal development" area) would you be interested in?

- Like the idea of a "Personal Development" track in OLLI

- Start a new umbrella category such as “Retirement” and place similar classes under it – sort of like a “program”. “Transition”
- Ongoing class: “Making the Most of Retirement”
- Class focused on “what has been the most fulfilling retirement experience that branched into an entirely new area...”
- New Workshop: “Social Opportunities outside of class”
- New class “How to play bridge”
- “How to get a child to fly the nest!”