



Osher Lifelong Learning Institute at Vanderbilt
Course Overview

A Lifetime of Strengths: Understanding Strengths in Retirement

Instructor: Anna Thomas, Ed.D.

*“What will happen when we think about what is **RIGHT** about people rather than fixating on what is **wrong** with them?”—Don Clifton*

Course Summary:

In this six session workshop-style course, participants will have the opportunity to explore their Clifton Strengths and better understand how those strengths emerge in their day to day lives through the power of intentional reflection. Prior to the course, participants will take a 20 minute Strengths inventory online. During the course, participants will dive into their unique top 5 strengths, exploring them from various perspectives. The course will start with an overview of the field of positive psychology and evolution of personality inventories like the Clifton Strengths assessment. Topics that will be covered in this interactive course will include leveraging your strengths in leadership, relationships, parenting, and recreation and how to use your strengths to create the retirement you desire.

Learning Objectives:

1. Participants will be able to describe their top five Strengths and explain how their Strengths impact their behavior.
2. Participants will be able to differentiate the Clifton Strengths assessment and its uses from various other personality assessments.
3. Participants will be able to name the basic tenets of positive psychology.
4. Participants will be able to recognize and appreciate their unique set of Strengths, the Strengths of others, and the power of strengths-based partnerships.
5. Participants will be able to apply strengths-based techniques in various spheres of life (leadership, recreation, parenting, relationships, etc.)

6 Week Syllabus:

Date	Topic	Strengths Deep Dive
Week 1 (Oct. 7)	Getting to Know your Strengths Profile - Course Overview/Objectives - Personality Assessment Overview	Achiever Activator Adaptability Analytical Arranger
Week 2 (Oct. 14)	Theme Dynamics: Your Constellation of Strengths - Overview of Positive Psychology	Belief Command Communication Competition Connectedness
Week 3 (Oct. 21)	Powerful Partnerships: Strengths in Relationships -Team Dynamics - 4 Domains of Strengths	Consistency Context Deliberative Developer Discipline Empathy
Week 4 (Oct. 28)	Peak Performance and Strengths - Development of the Strengths Assessment - Leveraging your Strengths to Solve Challenges - Balconies/Basements	Focus Futuristic Harmony Ideation Includer Individualization
Week 5 (Nov.4)	Reflections on Strengths in Action -Parenting/Recreation/Career -Raw vs. Mature Talents	Input Intellection Learner Maximizer Positivity Relator
Week 6 (Nov. 11)	Coaching and Mentoring with Strengths -Putting it all together	Responsibility Restorative Self-Assurance Significance Strategic Woo