

Changing Gears

Building Resilience and Managing Transitions in Mid to Later Life

Age & Opportunity is delighted to offer Changing Gears in person this April and May in Thurles, Co. Tipperary. Designed to boost wellbeing and resilience for those aged 50+ years, it is a five-session course which focuses on managing transitions in mid to later life.

Do you want to discover more about yourself and your capacity to meet different challenges? Take stock of your skills and experiences and plan your next steps in life?

What is Changing Gears?

Changing Gears supports people in dealing with transitions or significant life-challenges in mid to later life. It focuses on how we can build resilience, take stock, make changes, and bounce forward in life.

How does it work?

Changing Gears offers participants time to:

- Develop skills and techniques to build resilience and confidence in managing life-changes or transitions.
- Reframe transitions in their lives as opportunities with positive options, challenging negative stereotypes about ageing.

The course invites participants to reflect on challenges they have experienced in the past and life-lessons they have learned. In this way, strategies for building resilience and managing change draw on personal experience to lay the foundations for a more positive and fulfilling future.

“I found Changing Gears very useful. It was very useful to look back at what has served me well and to make a plan, as far as is possible, for the next part of my life.”

Kathleen Jordan, Dublin. Changing Gears participant, online, February 2023

“The course content from beginning to end was very relevant. The different aspects of the course were so gently put. We came away totally satisfied at having participated and we gained so much information on what’s out there for us both nationally and locally.”

Kay Murphy, Ennis, Co Clare. Changing Gears participant, in-person, March 2023

How can I get involved?

This course is delivered in 2 ½ hour sessions once a week over 5 weeks.

Venue: Hayes Hotel, Liberty Square, Thurles, Co. Tipperary E41 C9C8
Dates: Thursdays 11, 18, 25 April and 2, 9 May 2024
Times: 11.00 am – 1.30 pm (which includes a comfort break with tea and coffee)

To book a place on this course, please e-mail Fiona at: engage@ageandopportunity.ie or call on +353 1 9133922

Please note that this course has been funded by the HSE and is free of charge. Participation requires attendance at each of the five sessions (please do not book a place if you cannot attend on these dates).

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Our aim is to enable the best possible quality of life for us all as we age, where we are more active, more visible, more creative, more connected and more confident.