The Heart of Aging with Wisdom and Vitality
Sage-ing Circle™ Facilitators (SCF) Curriculum

“Old age is like everything else. To make a success of it, you’ve got to start young.”
~ Theodore Roosevelt

What is Sage-ing®?
Sage-ing is a wisdom and vitality-based approach to living our lives, particularly at mid-age and beyond, with meaning and contribution. In Sage-ing, the stories, experiences and lessons accumulated throughout the journey of our lives builds a tapestry through which to celebrate and build upon as we design the years yet ahead. Much of today’s positive aging, healthy aging, and conscious aging initiatives strongly align with the Sage-ing philosophy.

What is a Circle?
In indigenous cultures, circles were the sacred gathering place for wise elders to hold and share important conversations and connection. Sage-ing circles are where wise adults share important and powerful conversations about life. Personal, family, community, aging, and global issues are explored with wisdom, maturity, and compassion.

The Heart of Aging with Wisdom and Vitality is a dynamic interactive positive aging program where many:
- find community
- explore inner wisdom
- become more spiritually and physically vital
- gain insights about life lessons
- develop a new perspective on healthy and conscious aging
- and navigate the second part of life with purpose, awareness, and celebration.

Sage-ing and other included principles are non-denominational, however, may enhance a personal sense of spirituality.

About The Heart of Aging with Wisdom and Vitality:
This award-winning turn-key curriculum provides all needed information and materials to implement a 12-session Sage-ing Circle series (positive aging program) and includes:
- Facilitator guide, resources, and handouts (electronic and hard copy)
- Practical skills for leading and supporting a dynamic group and productive conversation
- Outcome measurement tools
- 18 training hours including marketing, group facilitation, and a brain foundation
- A network of peers with similar interests and views on cultivating wisdom throughout life.

Now even more relevant!
Recent additions include how the topics within this program have been associated with research in neuroscience. Potential benefits are increased cognitive resilience, sharper mental focus, and improved health and wellbeing.

“Facilitator training was way up on my gratitude list this Thanksgiving. I became acquainted with a part of me I had forgotten or never known... Studying the modules has been an amazing experience. I feel like I am opening up a zip file. There is so much there. Being a facilitator is taking on new meaning.” -- Carolyn

Who Uses This Curriculum?
Those that routinely attend include:
- Individuals who focus on or serve older adults and the issues faced in the second half of life,
- Senior residential and independent living leaders
- Social service and Hospice professionals
- Educators and coaches,
- Clergy and lay leaders
- Healthy aging industry professionals
- YOU – for your own growth

“Make wisdom your provision for the journey from youth to old age, for it is a more certain support than all other possessions.”
—Bias, philosopher
The Principles:
The curriculum is steeped in principles from:

- Psychology
- Neuroscience
- Indigenous Rituals
- Sage-ing
- Conscious Aging
- Adult Development
- Compassion
- Wisdom
- Multiple Intelligences
- Positive Psychology

Topics Include:
- Developing a healthy self-concept
- Building a positive life vision
- Tapping inner wisdom and spirituality
- Forgiveness
- Creating a personal legacy for future generations
- Finding meaning from life experience
- Becoming leaders and healers in the community
- The neuroscience of healthy conscious aging and cognitive longevity.

Your BrainWorks Facilitation Team includes BrainWorks team members, plus some of the valued and wise members of the BrainWorks Sage-ing Council (and SCFs):
- Rosemary Cox, L.C.S.W
- Roger Cox, M.Ed
- Penny Krug, MSA
- Shauna Luthringer
- Carolyn Peterson, M.Ed. plus
- Debra Raybold, CHIC, ACC, Director of BrainWorks with over 25 years experience in leadership, and over 10 years experience coaching for personal life wellbeing.

Date and Location for Facilitator Training
The Pfeil Innovation Center
420 N. Niles Ave.
South Bend, IN 46617

Friday, November 6, 2015 • 1:00 p.m. – 7:00 p.m.
Saturday, November 7, 2015 • 9:00 a.m. – 5:30 p.m.
Sunday, November 8, 2015 • 9:00 a.m. – 3:00 p.m.

Lodging Options
- Inn at Saint Mary’s (2.21 miles from training)
  53993 Indiana SR 933
  South Bend, IN 46637
  574-232-4000 (shuttle available)
- Hilton Garden Inn (2.21 miles from training)
  53995 Indiana SR 933
  South Bend, IN 46637
  574-232-7700
- Double Tree Hilton South Bend (.57 miles from training)
  123 S. St. Joseph St.
  South Bend, IN 46637
  574-234-2000

Curriculum Fee:
Early Bird by September 16 $500
On or after September 17 $575

This includes a hard copy of the program manual including facilitator guides, all user handouts, a PDF of the a PowerPoint program, and a jump drive of the full manual.

Plus includes a comprehensive immersion in The Heart of Aging with Wisdom and Vitality program experience, the neuroscience background, learning activities, the relationship and history with Sage-ing, tips for group success, marketing ideas, and a personal experience of meaningful conversations through the 2.5 days. Three meals and CEU’s for 18 contact hours included.

Full registration with payment must be received by October 5th.

In an effort to value your resources, we will confirm by October 5th so you may book flights without concern. A full refund will be made if the minimum number of individuals needed to proceed is not achieved (hasn’t happened yet).
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The Heart of Aging with Wisdom and Vitality:
Sage-ing Circle Facilitator Training

Registration Form (please print)

Name_______________________________ Title_________________________________________
Organization____________________________________________________________________
Address________________________________________________________________________
City_____________________________________________ State___________ Zip_____________
Phone________________________________________ E-mail______________________________

Total Due: __________________

☐ Add me to the BrainWorks event schedule list.

CEU registration  ☐ please check if you need CEU credits.

Please make check payable to:
Memorial BrainWorks
534 North Michigan Street
South Bend, IN 46601

To pay by credit card, go to www.memorialbrainworks.com and
click on the calendar of events link.

For more information, contact Debbie Raybold at 574-647-1355, or via email at
brainworks@beaconhealthsystem.org

Memorial BrainWorks identifies, develops and provides programs and services that emphasizes
brain health and vibrant aging as a part of the greater mission to improve
overall health, and wellbeing, and quality of life.

“The Sage-ing work helped me put into words the ideas about spirituality and
wisdom that I've held for years. Thank you.”

Memorial BrainWorks

“The years teach much which the days never know.”
-Ralph Waldo Emerson