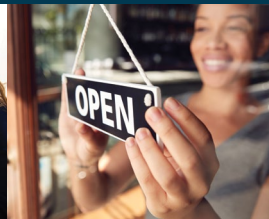
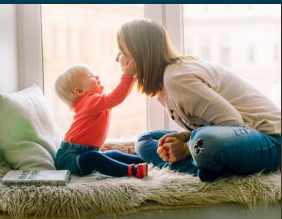


# Road Maps for Life Transitions

Life is unpredictable and new challenges keep coming our way — what if you had access to a rare opportunity to take stock of your life and chart a path to greater fulfillment?



## Create Your Path to a *Happier Life*

For the first time, powerful lessons from the longest study of human life are accessible to everyone.

Harvard's one-of-a-kind 80+ year research, coupled with insights from other leading studies, fuel the program's series of five 90-minute sessions.

### Are you:

- Seeking insights about how to effectively cope with life's challenges?
- Wanting to refocus on what's important in your life?
- Preparing for a big transition in your life?
- Wanting to strengthen your relationships?

**Register for Road Maps Now!**

Contact us at [roadmaps@lifespanresearch.org](mailto:roadmaps@lifespanresearch.org)

### THE ROAD MAPS EXPERIENCE

People from all walks of life come together to learn from the research — and from each other — as they create their unique approach for making positive changes toward a more fulfilling life.



Rooted in 80+ years of scientific research



Guided by an expert facilitator during five, 90-minute sessions



Built for community learning — the same group learning together



Delivered via a virtual platform or face-to-face



# Road Maps for Life Transitions

## Register Now!

You have a variety of options  
to get started on *creating*  
*a more fulfilling life!*

Sign up for virtual or face-to-face sessions  
offered in your community or your organization:  
[roadmaps@lifespanresearch.org](mailto:roadmaps@lifespanresearch.org)

### SESSION 1

## Life Stages Perspective

“Where am I in my life, and how does that shape my view of what’s important?”

Apply adult development research to learn how your current place in the life cycle shapes your perspectives and priorities.

### SESSION 2

## Values and Purpose

“What do I value the most in life, and am I devoting my time and energy to what I care about most?”

Explore your values and life purpose, and how these get expressed in daily life. Examine how well activities align with your most cherished values.

### SESSION 3

## Life-Affirming Relationships

“Who is most important in my life, and how can I take care of those relationships?”

Examine the different types of relationships in your life; identifying supports and gaps in these relationships. Learn how relationships contribute to your wellbeing and specific methods to restore and strengthen relationships.

### SESSION 4

## Life Transitions

“How have I dealt with major life changes in the past, and how can I best navigate the big transitions that are in my future?”

Reflect on how major life transitions can significantly impact your sense of self, relationships, and other areas of your life. Identify opportunities and losses that can come with these changes and shape plans for future life transitions.

### SESSION 5

## Responding to Challenges

“Life keeps bringing new challenges. How can I get better at coping with them?”

Analyze different strategies to cope with challenges in relationships and in life. Learn how specific tactics and skills can be strong coping mechanisms for life’s ‘unexpected turns.’

*“The Road Maps experience helped me realize that I have agency — to change the way I see my life and respond to challenges skillfully. It’s possible to learn skills that will make me happier.”*



*“Powerful learning experience coupled with a community to help you — the road to imagining new possibilities doesn’t have to be traveled alone.”*

TO LEARN MORE OR ENROLL IN A SESSION, CONTACT [ROADMAPS@LIFESPANRESEARCH.ORG](mailto:ROADMAPS@LIFESPANRESEARCH.ORG)



Road Maps for Life Transitions is offered by the Lifespan Research Foundation and was created by Robert Waldinger, M.D., Professor of Psychiatry at Harvard Medical School, Founder of the Lifespan Research Foundation, and Director of the Harvard Study of Adult Development, and Marc Schulz, Professor of Psychology at Bryn Mawr College and Associate Director of the Harvard Study of Adult Development.



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