



VITAL LIVING INSTITUTE

Meeting Members Where They *Really* Are

10:30 AM – 11:15 AM

Sponsored by  REALM
group

Presenter

Robin Eggert

President & CEO
REALM Group



With Coaching from Karen Sands

Karen Sands

GeroFuturist

Author



Who's Karen?

- Transformational gerontologist specializing in creative living & conscious aging
- GeroFuturist
- Coaching pioneer
- Mentor for TED fellows
- Contributor to the White House Task Force on Innovative Learning
- 1st to teach “Conscious Aging”



Meeting yourself where *YOU* are

- What do you think about vital living?
- Are you personally committed?
- Are you prepared to be a role model?
- What are your biases?
- What are your myths?

When I **NEED** help, I'll **LET** you know

Myths:

1. You won't know when you need help
2. I'm staying here until I die
3. When I'm old & ill, Leadership (the sisters in my community, my family, my friends) will take care of me

*What old story do we
want/need to change?*



*Members won't
embrace change
because you presented
them with the facts*



Meeting MEMBERS where they are

- Power of personal stories
- Encouragement to express themselves in accepted & appropriate ways
- Deep listening
- Respecting their changing needs
- Honoring what is truly most important to them

What are your COLLECTIVE conversations?

- Recognize collective attitudes
- Take ownership to embrace changes, opportunities & challenges in the reality of your diversity & complexity

Ageless Futures ... Vital Living

- It's all about aspirational aging
- Not the negative stories we've been using
 - Anti-aging
 - Singularity
- Multi-generational



Trailblazers

- Trailblazing into a new dimension of being, working together with women & men of all ages to create a world where no woman is cast away
- Something is shifting in the deep bedrock of our souls
- Transformative energy that allows us to stand in our full presence



Trailblazers *continued*

- Two main limits on being fulfilled & truly successful are your own fears & the subsequent resistance to what is possible
- It's about possibilities ... about courageously pioneering a new future

Community

“How does one keep from growing old inside? Surely only in community. Taking community seriously not only gives us the companionship we need, it also relieves us of the notion that we’re indispensable.”

- Robert McAfee Brown

Community: More Together Than Alone

- *Watching from our isolation, the prospect of community seems impossible until we dare to step down and enter.*
- *Through many paths, we are led to a discernment of relationship that takes us through our self and beyond our self into the interdependent mystery.*
- *The African view of ubuntu, which is often translated as I am because you are, you are because I am, implies that we find our humanity in each other.*
- *If all the aspens were to burn to the ground, the community would still be there, ready to begin again. Like the scarred human groves that sprout throughout history.*

-Mark Nepo, More Together Than Alone



“It is said that we live between the two realms of desire and aversion, what we want and what we don’t want. Both involve fantasies about the future, always wishing that something in our lives would be different.”



- Buddhist Tradition

Thank you.

Robin Eggert

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