

## Foundations Program

### Overview



[Session 1](#): Sagience Program Context, Rationale, and Overview – March 18

### mind module



[Session 2](#): The Psychology of the Second Half of Life – March 25

### body module



[Session 6](#): Understanding and Dealing with Stress – April 22

### brain module



[Session 10](#): Protecting and Enhancing Your Brain – May 20

### spirit module



[Session 14](#): The Search for Connection and Community – June 17

### Engage with a key topic

for each of the four program areas of mind, body, brain, and spirit. In a program that is easy on your schedule, learn about the **Psychology of the Second Half of Life**, **Understanding and Dealing Well with Stress**, **Protecting and Enhancing Your Brain**, and **The Search for Connection and Community**.

### Program Sessions

Participate in four key program sessions across all four program areas (**mind, body, brain, spirit**). Foundations Program participants participate in the first session of each module, once every four weeks. The 90-minute program sessions involve presentation, discussion, exercises, and Q&A. Participate live in sessions by telephone, listen live on the internet, or listen to session recordings at your convenience. The sessions are taught by **Dr. Catherine Fitzgerald**, President of Sagience, LLC and by guest presenters who are recognized experts.

### Resource Library

Explore a private, **Web-based Resource Library**, which contains Power Point slides and an annotated bibliography for each session, as well as assessments, articles, and book chapters. The Library also contains a series of *Sagience Insights* (proprietary reports that distill information from key books and other sources) and *Sagience Research Reviews* (proprietary research summaries about critical topics).



### Application Groups

Participate in a small group of peers that meets every four weeks for 60 minutes throughout the Foundations Program. Discuss program topics in more depth, share resources and experiences, and get support for changes that you want to make. Each group has a skilled facilitator to help participants deepen their understanding of the program material and develop practical strategies for taking action.

Foundations Application Groups meet at a variety of times. A list of groups and their meeting times will be emailed to participants following registration.

### Special Sessions and Special Interest Groups

The Sagience program is designed to be a live and engaged learning community. To enhance learning and customize the program to your interests, we will offer Special Sessions (one-time presentations by an expert) and Special Interest Groups (facilitated, multi-session discussion groups). The topics for these events will be based on interests expressed by participants.

Examples of Special Sessions from a past program include a session on a leading-edge assessment of complexity of mind in leaders and a session focused on case examples of the use of SPECT brain scans. Examples of Special Interest Groups from a past program include a group focused on implementing the **UltraSimple Diet** (M. Hyman, 2007) and a group focused on using Sagience program material in coaching practice.