

Intensive 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](#)

[Session 3: The Psychology of Money – April 1](#)

[Session 4: Complexity of Mind – April 8](#)

[Session 5: The Psychology of Happiness – April 15](#)



body module

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

[Session 7: UltraWellness– April 29](#)

[Session 8: Taking Care of Your Body – May 6](#)

[Session 9: Nutrition, Supplements, and Hormones – May 13](#)



brain module

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

[Session 11: Exercising Your Brain – May 27](#)

[Session 12: Your Emotional and Social Brain – June 3](#)

[Session 13: Your Hidden Brain – June 10](#)



spirit module

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

[Session 15: The Search for Meaning in the Second Half of Life – June 24](#)

[Session 16: The Search for Generativity and Legacy – July 1](#)

Engage in an in-depth look at leading edge ideas

and approaches across all of the topics essential for maintaining your physical and mental vitality and for supporting your continued intellectual and spiritual development. The Intensive Program includes every session offered and is the most comprehensive of the four programs.

Program Sessions

Participate in all of the sixteen weekly 90-minute program sessions, which involve presentation, discussion, exercises, and Q&A. Listen to sessions live by telephone or on the internet, or listen to the 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 weekly for 60 minutes throughout the 16 weeks of the Intensive 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.

Intensive Application Groups meet at a variety of times. Sign up for the group that best suits your schedule. A list of groups and their meeting times will be emailed to all 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 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.