

OLLI at DU West Syllabus – Spring 2024

A Primer on Wellbeing

4 weeks - Online

Facilitator: Paula Stafffeldt

Session 1:

- introductions
- definition of “wellbeing”
- dyad exercise: *Presence*: are you in your head or in your life?
- discussion

Session 2:

- Q & A from previous session
- experiential dyad exercise: *Rapport and Listening*: is your mind free and clear?
- discussion

Session 3:

- Q & A from previous session
- group exercise: “*Uncle Harry*.” making meaning of thought
- discussion

Session 4:

- Q & A from previous session
- dyad/triad exercise: *Being in the Zone*: flow, awe, and wellbeing
- discussion
- closing