

NITA L MAJOR

Conflict and Retirement Coach

THE UNRETIREMENT PROJECT

Are you fearful of the concept of retirement? Retirement may have made sense in 1881 when the concept was developed, but today you should be questioning the validity of this outdated life process.

Do you know that the word 'retirement' doesn't even exist in parts of the world? If you are nearing 60, you still have 24 years, 8,760 days, 210,240 hours, 12,614,400 minutes and 756,864,000 seconds left on this wonderful planet.

In this session, Nita will explore how there is no expiration date on growth, learning and purpose. Rather than retire, rewire!

OUTCOME:

- Help you understand elements of your well-being including how to foster positive relationships, how to be engaged, and how to give meaning to your world
- Gain a better understanding of well-being and the power of purpose
- Help you define life and work view, strengths, interests, positive energy and accomplishments
- Help you design opportunities for connection, contribution, purpose, geography and place
- Ignite your personal growth and help ignite possible prototypes



WORKING WITH CONFLICT

How many people think conflict is a scary word: something to be avoided at all costs? Do you find yourself getting over one challenge only to be immobilized the next time you feel uncomfortable?

The ability to work through conflict constructively is something everyone needs. In this session, Nita will share the tools and processes for you to build healthy conflict habits.

OUTCOME:

- Stronger ability to avoid difficult issues
- Ways to reframe people's perceptions about conflict to prevent conflict-avoidance, passive aggressiveness or nastiness
- A guided process for working through any conflict constructively
- Ways to neutralize and to normalize the most difficult issues

ABOUT NITA

Nita is the founder of Life 2.0 and of NLM Advocate. Mediate. Coach. She is a certified conflict coach, mediator and lawyer. Nita has extensive experience in the public and the not-for-profit sector. Nita has authored several papers including Unretirement - "Understanding this Intractable Conflict and Possible Interventions".