



Encore Café: Aging with Grit and Grace



New Year, New YOU: 2020 is a year to forget and it is also a year to remember. Now that we have survived almost a year with the Covid Pandemic, it's time to think about how we can create a new mindset for change. **New Year, New YOU** is the theme for the 2021 Encore Café. Encore Café is intended to provide an opportunity for reflecting, contemplating, and acting collaboratively through interactive dialogue. Encore Café is a virtual extension of the World Café approach designed to bring diverse groups together to promote talk as a vehicle for change. My Encore Café model is designed to provide a platform for women in the second half of life to learn, understand, create, and act in ways that embrace Grit and Grace as drivers for growth in challenging times. How we behave with Grit and Grace has a lot to do with how we think and how we feel. How we think and how we feel has a lot to do with our personality type. My Designer's Way Life Coaching Model is grounded in Design Thinking, Personality Type, Thought Biology, and Adult Female Development, which provides the roadmap to Becoming Through Grit and Grace as we face the normal challenges of aging and challenging events like this nasty virus.

What does the word '**Grit**' mean to you? To me it means assessing your personality type, strengths, talents, and abilities and applying them in new ways that show up as power for leadership and changemaking.

What does the word '**Grace**' mean to you? To me it means accepting life as a journey and all the change that comes with it. Grace is you becoming with grit.

Questions for Dialogue:

- What does the word '**Grit**' mean to you as *Women 50 and Forward* experiencing the Covid Pandemic?
- What does the word '**Grace**' mean to you as *Women 50 and Forward* experiencing the Covid Pandemic?



Linda Jensen, MA. Ed.S, is a Design Your Life Coach who offers a **Six-Week Online Encore Design Your Life 'Design and Do' Lab** for women in the second half of life.

To learn more, visit: [Encore Life Design Website](#)

