



The Third Act Conference, RCPI, 6 Kildare St, Dublin 2, 26th April (9.00am to 4.30pm)





AGENDA

- 08.30 – 8.55am** **Registration Tea & Coffee**
- 8.55 – 9.10am** **Welcome by Dr. Edward Kelly, Founder of The Third Act**
- 9.10 – 10.15am** **SESSION 1. INTRODUCTION & FRAMING**
(Facilitated by Ed Kelly & Nick Owen)
- What is The Third Act? How has human longevity impacted our Third Act? What implications does it have for us politically, economically, socially and personally? Followed by Nick Owen introducing us to two stories, Cliff Young and Salmon of Knowledge, that focus on acceptance and moving on, followed by interactive exercises.*
- 10.15 – 10.55am** **Keynote speaker: Rudi Westendorp, Author & Professor of Medicine**
Rudi will explore some of the main themes of his book *Growing Older without Feeling Old*
- 10.55 – 11.15am** **Tea and Coffee**
- 11.10-12.50am** **SESSION 2. EXPLORING THE TERRITORY OF THE THIRD ACT**
(Speakers to be introduced by Denise Charlton and followed by a Panel Discussion).
- *Anne Connolly (The Territory of The Third Act)*
 - *Prof. Ian Robertson (The Self-Transforming Brain)*
 - *Kingsley Aikins (Personal Story of Transition)*
- 1.00 – 1.45pm** **Lunch**
- 1.50pm – 3.15pm** **SESSION 3. A TASTE OF TRANSITION**
(Facilitated by Ed Kelly & Nick Owen)
- An interactive session in which we explore the process of transition, particularly from the second to third act in life. What stages do you go through? What thresholds do you need to cross? What do you need to leave behind?*
- 3.30 – 4.30pm** **SESSION 4. WHERE TO FROM HERE?**
(Facilitated by Ed Kelly & Tara Wilson)
- Launching of a number of new initiatives: Third Act Transitional Programme, Third Act Panel of Transition Coaches, Third Act Recruitment and Placement organisation. Also Tara Wilson will introduce us to the Organisational Design (based on self-organising and self-managing principles) that underpins The Third Act Organisation.*

SUPPORTED BY



FACILITATORS

			
<p>DR. EDWARD KELLY Founder The Third Act</p>	<p>NICK OWEN Author & Facilitator</p>	<p>DENISE CHARLTON Transition Coach</p>	<p>TARA WILSON Consultant</p>

SPEAKERS

			
<p>PROF RUDI WESTENDORP Prof of Medicine</p>	<p>ANNE CONNOLLY Founder of ISAX</p>	<p>PROF IAN ROBERSTON Prof of Psychology</p>	<p>KINGSLEY AIKINS Founder Diaspora Matters</p>

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