

Changing Gears

Building Resilience and Managing Transitions in Mid to Later Life

Age & Opportunity is delighted to offer Changing Gears, in person this November and December in Lucan, Co. Dublin. Designed to boost wellbeing and resilience for those aged 50+ years, it is a five-session course which focuses on managing transitions in mid to later life.

Do you want to discover more about yourself and your capacity to meet different challenges?
Would you like to take stock of your skills and experiences and plan your next steps in life?

What is Changing Gears?

Changing Gears supports people in dealing with transitions or significant life-challenges in mid to later life. It focuses on how we can build resilience, take stock, make changes, and bounce forward in life.

How does it work?

Changing Gears offers participants time to:

- Develop skills and techniques to build resilience and confidence in managing life-changes or transitions.
- Reframe transitions in their lives as opportunities with positive options, challenging negative stereotypes about ageing.

The course invites participants to reflect on challenges they have experienced in the past and life-lessons they have learned. In this way, strategies for building resilience and managing change draw on personal experience to lay the foundations for a more positive and fulfilling future.

"I am really enjoying the presentation, the interaction, the musical content and the general dynamic of the class. I look forward to attending the class in The Lexicon every Wednesday. Wishing you every success in your important work in Age & Opportunity"

Teresa, Dublin. Changing Gears participant, March 2025

"I want to thank the HSE for funding this wonderful course " Changing Gears". I enjoyed the 4 weeks and was sorry when it came to an end. Everyone I spoke to afterwards had enjoyed it too. The course was very well presented by Brian, each week brought something new to think about". Again, many thanks".

Vivienne, Dundalk, Co. Louth. Changing Gears participant, March 2025.

"The Changing Gears Programme has been thought provoking, enjoyable, life changing, and a valuable resource for future reference. Many thanks to all involved."

Mary, Galway. Changing Gears participant June 2025

How can I get involved?

This course is delivered in 2 ½ -hour sessions once a week over 5 weeks.

Venue: Lucan Library, Unit 33, Lucan Shopping Centre, Newcastle Rd, Esker South, Lucan, Co. Dublin, K78 V295

Dates: Thursdays 13, 20, 27 November and 4, 11 December 2025

Times: 12.30 to 15.00 (Refreshments will be provided)

To book a place on this course, please e-mail Fiona at engage@ageandopportunity.ie or call (01) 913 3922.

Please note that this course has been funded by the HSE and is free of charge.

Participation requires attendance at each of the five sessions (please do not book a place if you cannot attend on these dates).

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Our aim is to enable the best possible quality of life for us all as we age, where we are more active, more visible, more creative, more connected and more confident.