

# Exploring Perspectives

## COURSES ON AGEISM, EMPATHY, AND SELF-DISCOVERY

Join us in courses that explore ageism, foster empathy, and uncover self-awareness through DiSC. Shape a future where understanding and compassion thrive.



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## OUR COURSE OFFERINGS



### Why Ageism Matters & How to Address It

Ageism, defined as prejudice against older adults, reflects a form of discrimination against our potential future selves. Scientifically proven to have a real and significant impact on older adults, combating ageism is crucial as our population's average age rises. Join us to delve into ageism, its impact, and discover ways to shape a better shared future.



### Introduction to DiSC

The DiSC personality test offers valuable self-insight, increasing self-knowledge and revealing limiting beliefs, while aiding breakthrough strategies in various life areas. Often used in team settings, it provides a common language for interpersonal insights. Join our session to explore DiSC types and take a free assessment revealing your identity.



### Older Adult Sensitivity

In Allegheny County, with one of the highest senior populations, encounters with older adults are common in various aspects of our lives. Join our session to gain firsthand insights into the challenges of aging, offering a new and empathetic perspective on the experience of growing older.



### Senior Care 101

Explore terms like independent living, long-term care, personal care, memory care, assisted living, hospice, and palliative care. Understand the nuances of each level and empower yourself with knowledge. Join us to demystify senior care, gaining clarity on terms, care levels, and basics of senior living.

## READY TO BRING THESE INSIGHTFUL COURSES TO YOUR ORGANIZATION?

Contact us today to discuss how we can tailor these sessions for your team's unique needs. Let's collaborate in creating a learning experience that fosters empathy, understanding, and knowledge.

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