



**LOVELEGACYDIGNITY**

## **LIVE BY DESIGN. FINISH STRONG.**

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# **FOUNDATION COURSE**

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### **What will your legacy be for your loved ones?**

*Our online foundation course offers a workshop series that guides you to your own answers.*

We offer you a life-affirming conversation framework as we all face our mortality, especially in this time of the COVID-19 crisis. The programme, made up of four sessions, is fundamentally about life, about loving ourselves and loving others. It is in taking stock of our lives and our relationship with loved ones that we can best frame our response to mortality and our fear of it.

The programme will offer you a safe space to address the following:

- **LOVE:** Take stock of how you are living your life and the well-being of your relationships.
- **DIGNITY:** Clarify your medical care preferences and who will speak for you if you can't speak for yourself
- **LEGACY:** Care for your loved ones by putting your affairs in order – paperwork, bequests, letters etc.
- **LOVE:** Strengthen your self-confidence and resilience. Understand the power of ritual in supporting one another.

#### **Session #1: LOVE** **Loving Self - Loving Others**

- Creating a Thinking Environment™
- Wheel of Life
- Relationship Mapping
- Resilience: Design your Well-Being
- Forgiveness – the Tutu fourfold path
- Practising Positive Self-Affirmation
- The Praise Singer

#### **Session #2: DIGNITY** **Readiness - Medical Choices**

- Advance Directive 8 essentials
- Health Care Proxies
- Organ Donation
- Preparing for Conversations with family, with proxies, and your doctor.
- Supplementary Letter/video
- Vigil planning –your wishes

#### **Session #3: LEGACY** **Loving Self - Loving Others**

- Letters as Legacy
- Special Bequests
- Last Will & Testament
- Financial Power of Attorney
- Guardianship
- Purple File - Check List for Checking Out

#### **Session #4: LOVE** **Resilience - Ritual**

- Resilience and Grief
- Ritual by design
- Ritual at a time of social distance
- Grief: support practices & resources
- Author your own script: Self-Affirmations, the Resilience Planner, the Praise Singer, the Vigil Planner

## Session #1: LOVE

### Loving Self - Loving Others

It is by taking stock of our lives that we can best frame our response to mortality. By the end of this session you will have a clearer idea of who and what matters most in your life and what you would like to be at peace with as you face the possibility of your mortality and the mortality of those you love.

#### **Pre-Work**

- Read the document *Creating a Thinking Environment™ Using Thinking Pairs* enables you to listen well and be heard properly in turn. This LLD work requires you to have many conversations – how you have them will determine their success.
- The *Wheel of Life* is a tool to use to reflect on the different roles in your life and to have an honest assessment with yourself as to, (i) how important each role is to you, (ii) how much effort you put into that role, and (iii) how satisfied you are with how things are.

#### **Class Work**

- The **Six Criteria of Well-Being** helps you to reflect on areas of your daily life that are essential to your personal self-care.
- The **Relationship Map** helps you plot out people who figure in the landscape of your life: family, friends, colleagues and others. How close are they? Are you at peace, accepting of the state of your relationships, or are there things you would like to change. Are there people you want to forgive but this does not mean you want to be closer to them?

#### **Assignment: What would the praise-singer say?**

- What will the praise singer say about your life right now? Look back at your life and choose your moments of doing well, overcoming adversity, what values you've lived by. The value of doing the Praise Singer exercise is that many of us live with self-doubt, we undermine ourselves. But if we can love ourselves for who we are this will contribute to our emotional well-being and health.

## Session #2: DIGNITY

### Readiness - Medical Choices

When you make your wishes specific, you secure not only your own dignity but that of your loved ones. Being specific spares those you love from the turmoil of making tough medical choices in a state of fear and prevents family conflict. This session covers:

- **Advance Directive:** An Advance Directive, tells your loved ones what your preferences are of what treatments you would want when you are critically ill – and which treatments, if any, that you want to refuse. This right is yours. Being clear is a gift to your family.
- **Health Care Proxies:** Imagine you become unconscious, and medical decisions need to be made. Who understands you? Who do you trust to act on your behalf? Who can say, “It’s time to turn off the life-support machine?” It may not be advisable for this to be the person who most loves you – it may be too hard for them. So, do you have a trusted friend who would be willing to act for you? And a backup?
- **Preparing for Conversations:** It’s important to have conversations, many conversations so that you and your loved ones have a shared understanding of your wishes, and reach a calm agreement to agree to disagree, if needs be. You need three separate conversations – with your loved ones, with your chosen health care proxy and with your GP.



## Session #3: LEGACY

### Loving Self - Loving Others

It's stressful for loved ones to deal with messy admin after you die. Even when a non-family member has been appointed as the executor to wind up your estate there is paperwork you have to supply for legal compliance - all of which needs dealing with whilst grieving. It's a gift to your loved ones to have your affairs in order – and it requires much more than just a Last Will and Testament.

This section covers:

- Last Will & Testament: Having your will in order –and being clear what you need to do for any updated document to have legal standing.
- Guardianships: for minors or adult dependents
- Letters to Love Ones: Consider writing letters that you want to be read after you've gone.
- Special Bequests: Possessions have meaning beyond their monetary value. Something that has little monetary value may be treasured for the associated memories? Who in your circle would like to have something that holds memories of you?
- Purple File - Check List for Checking Out: Your Check List for Checking Out. This is “the devil in the detail’ document that will guide you to create what we call “The Purple File” –your repository of all the information that will be needed to administratively close your life.

## Session #4: LOVE

### Resilience - Ritual

What can we do when we can't as we normally would? Rituals support us. COVID-19 deaths and others dying at a time when COVID-19 prevents us visiting hospitals will force us to make changes to plans we had made. We may not be able to travel to pay our respects. We may be prevented from washing and dressing our loved ones pre burial or cremation. This session covers:

- Resilience & Grief – how best to support ourselves and others
- Creating Ritual – the essential elements of design
- Virtual Rituals: creating Community at a time of social distance
- Grief –new learning and support resources

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