

Leading with Love at OLLI

Syllabus Subject to Change

Friday at 10:45am - 12:15pm; Spring Semester 2026

(Class Location TBA)

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Course Description

This course explores self-love as a foundational practice for personal well-being and for leading ourselves and others with wisdom and compassion in later life. Through psychological insight, guided reflection, and gentle weekly practices, participants will cultivate greater self-acceptance and compassion, emotional awareness, healthier boundaries, and nurturing relationships. Emphasis is placed on leading oneself with love as a pathway to greater authenticity, purpose, and connection with others.

Week	Topic	Notes
Week 1 / 2/13	Week 1 Leading the Self with Love — An Introduction	
Week 2 / 2/20	Week 2 Self-Acceptance and the Wisdom of Lived Experience	
Week 3 / 2/27	Week 3 Emotional Awareness — Understanding Thoughts, Feelings, and Self-Love	
Week 4 / 3/6	Week 4 Cultivating a Compassionate Inner Voice	
Week 5 / 3/13	Week 5 Healthy Boundaries as Acts of Self-Love	
Week 6 / 3/27	Week 6 Embracing Imperfection and Letting Go of Self-Judgment	
Week 7 / 4/3	Week 7 Leading with Love in Relationships and Community	
Week 8 / 4/10	Week 8 Courage, Change, and Self-Leadership in Later Life	



Week 9 / 4/17	Week 9 Integrating Self-Love — Living with Purpose and Authenticity	

***Please note: Content/order/classes/speakers SUBJECT TO CHANGE.**