

## Second Interlude

### American Learnership: Reader Reflection and Development

A summary of what you have accomplished and the options available to you as you extract value from this American Learnership Life Management and Personal Branding learning experience:

**Author's Note:** All readers and course participants should engage in the webinars and conversations included in this Mindset Handbook to assure their full development. It is also advisable that new readers and course participants familiarize themselves with this instruction, and how to achieve the written Legacy e-books described in Appendix B and C. Lastly, those already at age 50 may seek a shortened approach to their needs by choosing the Senior Lifelong Learning and Memorable Legacy option at Chapter 15 and Appendix E. Contact [rgarrity@alforum.org](mailto:rgarrity@alforum.org) for assistance.]

#### **Accomplished by Participants Starting at Chapter One:**

1. Preliminary Insights and Aspirations meant to serve as ice-breakers as you began your cognitive and emotional journey.
2. Section I: the *American Learnership* framework for organizing the Handbook curriculum (*Learnership Process, Personal Meaning, Project Management, Personal and Professional Branding*).
3. Section II: the five *Reasoning Competencies* that empower anyone to further develop their knowledge, skills and abilities – *System Thinking, Pattern Recognition, Situational Learning, Knowledge Management, Adaptive Leadership* and the *First Interlude*.
4. Section III: the four domains of integral Social Systems Development: *personal, organization, community* and *society* within the context of six spheres of knowledge organization: *social, political, economic, technological, ecological* and *geographical*.
5. Appendix B and C Options: Your notes, after studying through thirteen you may choose to participate in one or both learnership practitioner publication exercises at Appendices B and C.

Appendix B. [My] American Learnership Life, Work, Wealth, Health and Legacy Success. The use of this personal learning and performance improvement instrument is described at the end of each chapter and is located for use at Appendix B. This appendix contains two items. The first item is a personal example completed by Dr. Garrity. The second item is a partially blank format for your e-book use. A Certificate of Achievement is awarded for this item.

Appendix C. [My] Authentic Personal and Professional Brand. The Authentic Branding Methodology was developed by Dr. Hubert Rampersad and approved for use in this Handbook. The instrument is described back in chapter four and is located at Appendix C. This appendix contains two items. The first item is a personal example completed by Dr. Garrity. The second item is a partially blank form for your personal e-book use. A Certificate of Achievement is awarded for completing this item. (Note: For those interested in becoming a Certified Authentic Professional Brand Coach, Dr. Garrity will coordinate a meeting for you with Dr. Rampersad who created this product.)

**OPTIONS (Age 50+)** If you are already age 50 or older you may want to **START YOUR LEARNING PLAN** by first reviewing Mid-Life/Career Transition and Renewal and Senior Rejuvenation, Authentic Living and Legacy Success (chapters fourteen and fifteen) before making your choice between exercises Appendix B or C. As an alternative, you may choose to by-pass writing the e-books and only concentrate on your Senior Life Learning and Memorable Legacy (Letter) as described here (below) and in Chapter Fifteen and Appendix E.

Appendix E. [My] Senior Life Learning and Memorable Legacy (Letter). The development of this product requires selected use of topics presented in this Handbook. This choice will result in your completion of what is sometimes referred to as an “ethical will” or “living legacy” to be shared with your family and friends. (Note: This option is explained in Chapter Fifteen and Appendix E and can be combined with the e-book options offered in Appendix A or B of guided study of the earlier chapters is conducted. For assistance contact Dr. Garrity, [rgarrity@alforum.org](mailto:rgarrity@alforum.org).)

**Reminder for all:** Read the Epilogue: Summation and Review of Selected Major Topics.