



Lifelong Faith Associates



COACHING  
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CONNECT

*Practical help for productive relationships*

# Trends & Issues Impacting Middle Adults

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# From Apprentice to Master

- In the driver's seat of organizations, families, society
  - Millennials hanging on the coattails
  - Older adults moving out of the way
- Super-high functionality
  - Blessing – the know-how is massive
  - Curse – Potential functional trap

# Quest for Deeper Relational Intimacy

- From “Who am I?” to “Who am I with you?”
- Adult Attachment Theory
  - John Bolby
  - Phil Shaver/Cindy Hazan (Univ. of Denver)
- Blessing: The experience of deep interpersonal intimacy
- Curse: Escaping interpersonal intimacy by identifying with function



# Generativity and the Sandwich

- The Mentoring Opportunity
  - Super-high functionality is for the benefit of the young
  - Ken Blanchard: Mentoring
- The Sandwich
- Blessing: Potential for profound intergenerational experiences
- Curse: Overwhelming tasks supplant self reflection and relationship-building

# Increasingly Gray

- The Crisis at Mid-life
- Blessings
  - The paschal mystery, and symbolism in general, becomes real
  - A renewal of commitment at a deeper and more personal level
  - I am my relational commitments
- Curses
  - Cynicism, paralyzing passivity, withdrawal, inaction, complacency
  - Permanently cemented in functionality – I am what I do

# Dynamic Religious Experience

- What Gen X wants from church:
  - Sensual worship
  - Non-dualistic worship
  - Open to Hi-tech worship
  - Entrepreneurial religion
  - Inclusivity
  - Relevance
- Blessing – Revitalization of religion (personal)
- Curse – Commercialization of religion (functional)