

## OPUS Academy: Rewiring the self

### putting wings to your works

The Cape Higher Education Consortium, through its Leadership Academy, announces its new OPUS programme in support of academics and professional administrators anticipating retirement, i.e. who are within five years of retirement.

‘The university and academic institution of the experienced & learned quantum mind, far surpasses the institutional building and taught curriculum travelled through in chronos time’.



A new game, a new league, a new mindset

**Purpose:** To provide dynamic and sustaining rewiring opportunities for academics or administrators to continue learning and contributing to scholarship and foster social connections close to retirement with the intention of paying it forward to uplifting developing minds.

We come from the perspective that retirement is up to the institution, but your response is up to you. This programme is about putting YOU first. Losing your sense of identity, belonging and importance.

Becoming self-aware towards a new game.  
Becoming regulated towards a new game.  
Self-development towards a new game.

**Target market:** Academics and administrative professionals close to retirement.

**Delivery modes:** Online

**Cost:** Priced per activity. As below.

**Activities.** Select and participate in any of the following: **Academic activities** | **Social Events** | **Skills Development** | **Health and Wellness**

### OPUS Domains (select any or both available below)

Sowing the seeds for growth	Moving into the next season of reaping and replanting	
	<b>Domain 1. Personal development (ZAR 8000/p)</b>	
	Calibrating and understanding different games, self-attractors/alternate modalities, Self-designing	
	OP1.1 Self-calibration for a different game	16 May 2025 (9:00-13:00)
	OP1.2 Calibrating and understanding different games	23 May 2025 (9:00-13:00)
	OP1.3 Self-attractors / alternate modalities	5 June 2025 (9:00-13:00)
	OP1.4 Self-designing	13 June 2025 (9:00-13:00)
	<i>Self-reflection and role-playing</i>	3 July 2025 (9:00-13:00)
	<b>Domain 2. Mentoring &amp; Coaching programme: Becoming a professional advisor</b>	
	Fundamentals of mentoring and coaching	Not open yet
	Mentoring and coaching roles and responsibilities	
	Active listening and effective questioning	
	Ethics and boundaries in mentoring	
	<i>Self-reflection and role playing</i>	
	<b>Domain 3. Academic capacity building programmes</b>	
	Research and academic development	CHEC HELA programmes (at 50% discount through OPUS)
	Advancing Scholarship Programme (ASP)	
	Academic Research Supervision (ARS)	
Leadership and management in HE	Creating the Executive Edge (CEE)	
Being human-centric	Creating the Leading Edge (CLE)	
<i>Self-reflection and role playing</i>		
<b>Community of Practice</b>	Regular meetings to engage in topics and conversations	