



Learning to Love Midlife

*Find clarity, purpose, and the
fulfillment you crave with
Chip Conley*

APRIL 25-27, 2025

1440
MULTIVERSITY

CREATING HOPE FOR LIVING WELL





Reframe Your Thinking About Your 40s, 50s and 60s

Learning to Love Midlife, hosted at 1440 Multiversity on April 25-27, is designed to help you thrive while navigating the challenges that come with this stage of life.

Feeling bored, stuck, or overwhelmed in your 40s, 50s, or 60s? You're not alone. This program, led by midlife transformation expert Chip Conley, is designed to help you break free from the restlessness and discontent often experienced in midlife. Using research-backed insights, including Becca Levy's study from Yale showing how a positive mindset on aging can add 7.5 years to your life, you'll gain practical tools to embrace this stage as a time for personal growth and renewal. Leave feeling empowered, inspired, and ready to approach midlife with fresh purpose and perspective.

Gain the following wisdom during this experience:

- Learn about the upside of midlife and what gets better with age
- Understand how to navigate midlife transitions and grow your TQ (Transitional Intelligence)
- Review your mindset when it comes to your physical, mental, emotional, social, and family health
- Cultivate a new sense of purpose in both your personal and professional life
- Be given tools and practices to cultivate, harvest and share your wisdom
- Develop an action plan for how to consciously curate the second half of your adult life

What People Are Saying

'Learning to Love Midlife' is an invaluable guide on how to navigate this period with curiosity, energy, and optimism. With cutting-edge research, deep insight, and examples drawn from real life — including candid accounts of his own experience — Conley provides a clear blueprint for creating the lives we want"



Gretchen Rubin

#1 *New York Times* bestselling author of *When, Drive, and The Power of Regret*



Transform Your Midlife with Chip Conley's MEA Experience

Chip Conley is bringing his renowned **MEA (Modern Elder Academy)** program to 1440 Multiversity, offering an experience that has already transformed the lives of over 5,000 alumni from 48 countries. As the world's first midlife wisdom school, MEA has helped people reimagine aging and embrace deeper meaning in their lives through a thoughtfully crafted curriculum developed in collaboration with leading scholars and experts. With evidence-backed methods and time-tested approaches, MEA's workshops guide participants toward fulfillment, clarity, and purpose, helping them find direction in midlife and beyond.

This program is designed to address the unique challenges of midlife, empowering participants to not only navigate this stage but thrive within it. Through a blend of inspiring insights, practical tools, and genuine connections, you'll gain the support needed to feel more fulfilled and ready to embrace new possibilities. Leave this experience feeling rejuvenated and excited to welcome the next chapter of your life with open arms.

BY THE NUMBERS

95%

95% of alums say that they are better equipped to navigate midlife transitions.

80%

80% of alums report that the number-one skill they've deepened at MEA is "Exploring Your Purpose"

97%

97% of alums say that they've become more mindful and present in their lives after experiencing an MEA program.



Chip Conley
Modern Elder Academy (MEA) founder
and *New York Times* bestselling author



Meet Your Instructor *Chip Conley*

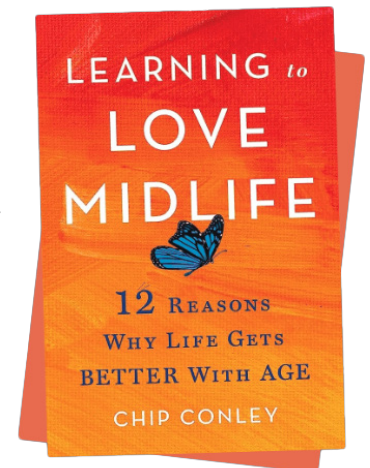
Chip's life-changing workshops help people in midlife find the clarity, purpose and fulfillment they crave.

Chip Conley is the founder of the Modern Elder Academy (MEA), a pioneering organization that offers midlife wisdom schools for those looking to reimagine and repurpose their lives in the second half. His journey began at 26 when he launched Joie de Vivre, a boutique hotel company based in San Francisco that grew into the second-largest boutique hotel group in the U.S.

However, in his late 40s, Chip experienced a profound midlife crisis. His relationship ended, a family member was incarcerated, his health declined, and several close friends took their own lives. Struggling financially during the Great Recession, he faced a personal wake-up call after a life-threatening allergic reaction to antibiotics. This prompted Chip to sell his company and reflect on his life's direction.

During this time, he authored *Emotional Equations*, a New York Times bestseller that explored the lessons he had learned during those challenging years. Around the time of the book's release, Chip received a call from Brian Chesky, the co-founder and CEO of Airbnb, who invited him to help shape the company's vision of democratized hospitality. Though unfamiliar with the tech world, Chip embraced the opportunity, joining Airbnb at the age of 52. Dubbed a "Modern Elder" by Chesky, Chip initially resisted the term but grew to appreciate its meaning — someone who is as curious as they are wise.

As he immersed himself in the role, Chip expanded the concept of a Modern Elder to include being playful, generous, and audacious. Inspired by this transformative experience, he wrote *Wisdom at Work: The Making of a Modern Elder*, which led to the founding of MEA, the world's first midlife wisdom school. MEA now offers both in-person and online programs designed to help individuals navigate purpose, transitions, and retirement with clarity and intention.



Chip's impactful program, hosted at the 1440 Multiversity philanthropic campus in the Santa Cruz Mountains, will allow participants to tap into their joy, discover inspiration, and be energized by like-hearted guests as everyone creates hope for living well in the redwoods.



Curated Workshops that Help You *Find and Focus on Your Calling*

During this three-day, two-night program in the redwoods, participants will learn to connect with themselves and others through curated workshops designed to inspire and enrich our midlives. Sessions include:

Reframing Aging and Longevity

Discover how shifting your mindset around aging can add real value to your life—both in years and fulfillment. According to Yale’s Becca Levy, adopting a positive approach to midlife and beyond can increase your lifespan by 7.5 years. Instead of focusing on anti-aging, you’ll learn how to embrace a pro-aging mindset and explore 12 reasons why life truly gets better with age, as outlined in Chip’s latest book. While Silicon Valley biohackers chase physical science to cheat death, this workshop focuses on the proven social science strategies that lead to both a longer and richer life.

Navigating Midlife Transitions

If you’re navigating a significant life transition—whether it’s retirement, loss, empty nesting, or a career change—this workshop offers the clarity, confidence, and joy you need to embrace your next chapter. It provides practical tools and guidance to help you approach these changes with intention and a clear, renewed sense of direction.

Cultivating Purpose

If you’re feeling lost or yearning for deeper meaning and fulfillment in your life, this workshop provides the support and tools to help you reconnect with what truly matters. Through guided reflection and practical insights, you’ll gain the clarity needed to align your future plans with your core values, allowing you to move forward with renewed purpose and intention.

Learning How to Own Your Wisdom

This workshop is designed for those who have already done the inner work but are still seeking answers to life’s bigger questions. This experience will help you cultivate a deeper sense of understanding, connection, gratitude, and awe, allowing you to fully embrace and own the wisdom you’ve gained on your journey.



Tentative Schedule for *Learning to Love Midlife*

The Learning to Love Midlife schedule, curated by Chip Conley, is designed to help you embrace midlife transitions, improve your mindset, and cultivate purpose. You'll gain practical tools and insights to consciously shape the next chapter of your life.

Day 1

- 2:00-3:00 p.m. Guest Arrivals
- 3:00-5:00 p.m. **Workshop Session: Reframing Aging & Longevity**
- 5:00-6:00 p.m. Guestroom Check-In
- 6:00-7:00 p.m. Dinner at Kitchen Table
- 7:30-8:30 p.m. Signature Class
- 8:30-10:00 p.m. Leisure Time (Common Grounds & Fire Pits)

Day 2

- 7:00-7:45 a.m. Signature Class
- 7:30-8:30 a.m. Breakfast at Kitchen Table
- 9:00 a.m.-12:00 p.m. **Workshop Session: Navigating Midlife Transitions**
- 12:00-1:10 p.m. Lunch at Kitchen Table
- 1:15-5:00 p.m. **Workshop Session: Cultivating Purpose**
- 6:00-7:00 p.m. Dinner at Kitchen Table
- 7:30-8:30 p.m. Signature Class
- 8:30-10:00 p.m. Leisure Time (Common Grounds & Fire Pits)

Day 3

- 7:00-7:45 a.m. Signature Class
- 7:30-8:30 a.m. Breakfast at Kitchen Table
- 9:00 a.m.-12:00 p.m. **Workshop Session: Learning How to Own Your Wisdom**
- 12:00-1:30 p.m. Lunch at Kitchen Table & Guest Departures

A NOTE TO POTENTIAL ATTENDEES

If you've followed my journey from boutique hotelier to "modern elder" at Airbnb, you may have heard about the Modern Elder Academy (MEA), but perhaps haven't yet explored what we offer. Now is your chance to immerse yourself in an accessible, transformative experience inspired by MEA's curriculum. This program is designed to help you navigate midlife transitions, find purpose, and embrace what's ahead, all while enjoying the natural beauty of the Santa Cruz Mountain redwoods. Whether you're in your 40s, 50s, 60s, or beyond, this workshop can serve as a powerful catalyst for personal growth and change.

I look forward to welcoming you on this journey.



Chip Conley

Please Note: The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.

An aerial photograph of a resort building and an outdoor pool at dusk. The building is illuminated from within, and the pool is lit up. The surrounding area is filled with tall evergreen trees. The sky is a mix of blue and orange, with a crescent moon visible in the upper right. The text "About 1440 Multiversity" is overlaid in white, bold, sans-serif font across the center of the image.

About 1440 Multiversity



Campus History

Nearly a decade ago, 1440 Multiversity co-creator Joanie Kriens was inspired while tending to and harvesting vegetables in her home garden. In that mindful moment, she was overcome by feelings of happiness, contentment, and joy – for the colorful tomatoes and squash in her basket, the quiet beauty of the land, and the preciousness of life with her family and friends. This heightened awareness and gratitude may have only lasted just a minute or two, yet it had a profound effect on Joanie. It made her wonder how many minutes there are in each day, and how we might all live more self-aware with gratitude for the simple blessings in life. After turning to Google for the answer, the 1440 name was born – little did she know she would find it in her own backyard.

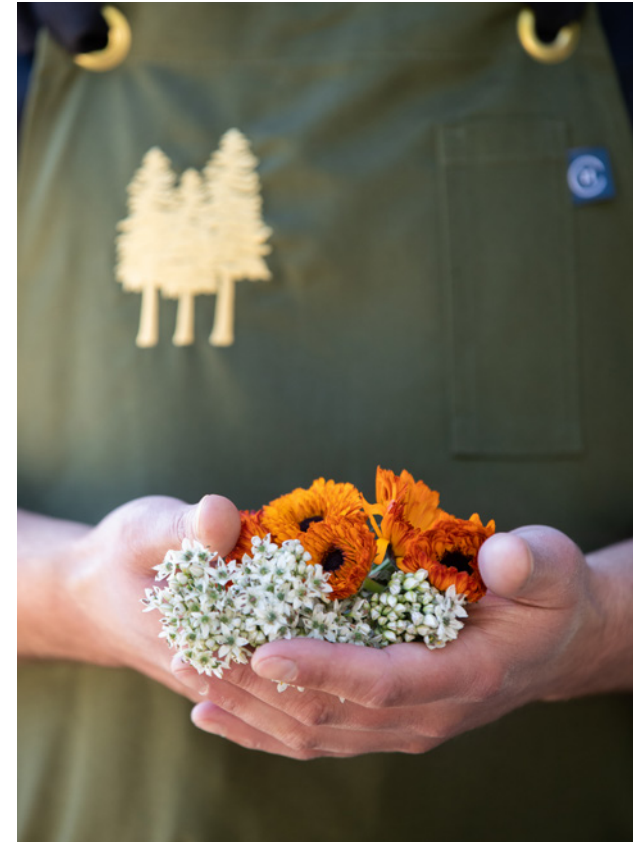
Following several years of philanthropic grant-making, the 1440 Multiversity campus opened in May 2017 among the towering redwoods of the Santa Cruz Mountains, stemmed from a desire to establish a beautiful and nurturing physical location where community could gather to explore, learn, reflect, connect, and re-energize. The invitation to participate is extended to all unbound by the range of human differences.

What is a Multiversity?

Unlike a university, which focuses on the intellect, a multiversity is a place for holistic learning that engages the mind, body, and heart and shapes one's inner fitness. At 1440, we believe that the deepest learning happens when we nurture and awaken all aspects of ourselves. "Multi" represents the many doors and avenues one can enter or exit on their individual journey. "Versity" refers to the social, emotional, and relational aspects of learning that we can use to shape our desires and build more collaborative and connected communities.

By the Numbers

- **75:** Size in acres of the 1440 campus.
- **300:** The mile radius from campus that 1440 sources its foods.
- **1,000:** The estimated age in years of the Mother Tree, is situated near the Cathedral on campus and is one of the oldest trees in the world.
- **100,000:** Guests who have participated in learning courses on campus since opening in May 2017.
- **320,000:** Number of honeybees that call 1440 home – there are eight colonies total, and each colony produces 50 pounds of honey per year that is used in a variety of 1440 recipes.



Nonprofit Philanthropic Campus

1440 Multiversity is an operating 501(c)(3) philanthropic campus – a stay at 1440 supports the campus work of self and society, helps award program scholarships and grants, and fosters the 1440 vision of *creating hope for living well*.

All-Inclusive Private Campus Access

Overnight guest stays include all meals at Kitchen Table (starting with dinner the day of check-in through lunch on check-out day), signature classes per day, and access to all campus facilities including the Healing Arts center, Fitness Center, retail shop, café, trails, and more.

Essential Business Designation

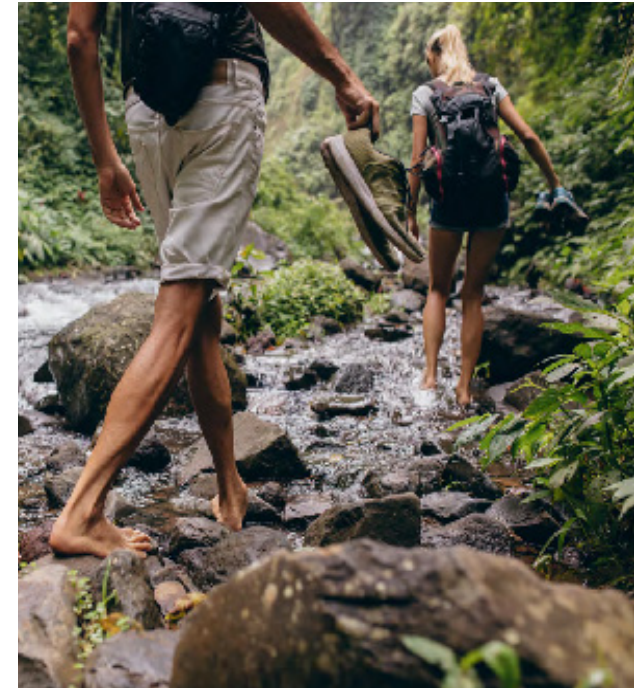
1440 Multiversity has been designated as an Essential Business by the County of Santa Cruz, Office of Emergency Services. In April 2020, 1440 Multiversity and the County of Santa Cruz announced a two-part partnership to provide meals to shelters and service sites, along with establishing an Alternative Care Site. By the end of May, the 1440 Multiversity culinary team proudly and mindfully prepare nearly 40,000 shelter meals to provide individuals nourishment.

1440 | Campus Amenities

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Located on 75 magical wooded acres, the 1440 Multiversity campus serves as a human charging station where guests feel more energized at the end of their visit than when they arrived. A thoughtful combination of signature wellness classes, local sustainable culinary, and time to connect with self and others provides a truly restorative program that will continue to benefit attendees long after they return home.





Kitchen Table

The heart of the 1440 campus, Kitchen Table is the dining room on campus where each participant will enjoy three nutritious meals per day. Operating with a “Food As Medicine” approach, the 1440 Multiversity culinary team works mindfully using fresh and locally sourced foods to prepare flavorful dishes for all dietary needs, including gluten-free, paleo, lactose-free, and vegan. Chefs cook with the freshest produce harvested within a 300-mile radius of campus and organic meats and seafood from partners dedicated to sustainable and humane practices. Feel energized after each savory meal at Kitchen Table to optimize the full program experience on campus.

Nature Trails

A mindful, leisurely stroll along redwood-lined campus trails is a significant part of the integrated wellness experience for guests, helping supplement their program, healing, and self-discovery work. The Mother Tree, an old-growth redwood believed to be over 1,000 years old, towers over the campus Cathedral, an especially serene place to enjoy a moment of reflection.

Common Grounds Café

Common Grounds café offers specialty items à la carte, from the first cup of cappuccino in the morning to a glass of craft beer or wine to close out the day. Guests can relax in Adirondack chairs on the spacious al fresco patio or on the cozy indoor couches. Enjoy freshly baked cookies and gelato between meal periods, or savor a cup of local Verve coffee, spiced chai, or freshly pressed juices outside by the fire pits.

Accommodations

The perfect complement to a day of growth, guest rooms at 1440 promote rest and relaxation. Guests will stay in a private room with private bath, and guest rooms are intentionally void of TVs and phones so guests can unplug and reflect. Each building is equipped with Wi-Fi, a water bottle filling station, and a courtesy phone, and rooms can be accessed without using an elevator (which remains available if needed).



Sundries

Retail shopping on campus is open exclusively to registered guests, and includes a variety of educational, inspirational, and practical items to complement learning work on campus and when returning home. A selection of books, clothing, accessories, and jewelry (with an emphasis on local vendors and fair-trade items) is available along with convenience items.

Infinity Hot Tub

Located at the Healing Arts center and surrounded by redwoods, the 250-square-foot Infinity Hot Tub is one of the most popular locations on campus. A soak in the steamy saltwater tub, either in the sunlight or beneath the magic of clear night skies in the mountains, is indescribably soothing to the spirit, beneficial to the body, and a memorably relaxing way to round out a day of self-care.



Fitness Center

The 1,400-square-foot Fitness Center is well-equipped with weights, ellipticals, stationary bikes, a treadmill, and more. Work out inside with a view of the redwoods or bring props onto the patio to stretch and exercise in the fresh air.

Signature Classes

A visit to campus gifts the opportunity for guests to explore their passions and interests in a safe community of instructors and fellow participants. Signature classes at 1440 range from creative, to physical, to introspective, and more – all designed to awaken the mind, body, and spirit. During their stay, attendees may experience yoga, meditation, tai chi, or nutrition classes, or a soothing sound bath to relax into the evening.





Campus Dining

Fresh, vibrant, nourishing, and delightful — these words reflect our commitment to energize you with an exceptional dining experience. Abundant with deliciously healthy homemade selections, our menus feature many cooking styles.



Food As Medicine

At Kitchen Table, the culinary heart of campus, the team creates memorable fare using local resources sourced from farms and growers within 300 miles of campus. The ever-changing menu, aligned with our “food as medicine” philosophy, surprises guests at every meal through creativity, technique and global flavors. 1440 offers a plant-forward menu that accommodate vegan, vegetarian and omnivore tastes.



Culinary Offerings

Meals change daily at Kitchen Table. Menus are posted each day at the Lodge and also in front of Kitchen Table.

Omnivores and vegans alike will find plentiful choices, all highlighting natural, nutrient-rich ingredients that are freshly prepared and served. While focused on plant-based cuisine, our daily menus also include sustainable animal protein as well as gluten-free and lactose-free options. We offer abundant choices, but note that our team is not able to serve made-to-order meals or prepare items to meet individual requests.



Dining Hours

Kitchen Table features set meal times for breakfast, lunch and dinner, when you are invited to join us for indoor and outdoor dining*. Please refer to your schedule upon check-in for the program meal periods.

Between meals, light bites and beverages are available a la carte from Common Grounds Café (including beer and wine). Your campus stay includes all meals as designated in your program itinerary.

***Please Note:** The final schedule for meals, along with daily menus, is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.

A close-up photograph of two hands, one from the left and one from the right, reaching towards each other to form a heart shape. The hands are positioned in the upper half of the frame, with the fingers pointing towards the center. The background is a bright, out-of-focus sun, creating a lens flare effect and a warm, golden glow. The sun is positioned directly behind the heart shape, making it appear as if the heart is glowing. The overall mood is hopeful and positive.

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Thank you for *creating hope for living well.*
We look forward to welcoming you soon.