

CHEC OPUS PROGRAMME 2026

TOWARDS REWIRING THE SELF & PUTTING WINGS TO YOUR WORKS

The CHEC OPUS programme supports 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'.

Target market: Academics and administrative professionals close to retirement.

Delivery modes: Online

Cost: R8000 for full programme (OPUS 1 + OPUS 2 + OPUS 3 + OPUS 4)



Sowing the seeds for growth

The only thing more dangerous than wanting to save another person – a dangerous desire too often mistaken for love – is wanting to save yourself, to spare yourself the disappointment and heartbreak and loss inseparable from being a creature with hopes and longings constantly colliding with reality, with the indifference of time and chance, with the opposing hopes and longings of others. We have, of course, always invented institutions of salvation – religion to save us from our sins, therapy to save us from our traumas, marriage to save us from our loneliness – in order to salve our suffering, which is the price we pay for the fulness of living. And salve it we must, yet there is no damnation greater than spending our allotted days in the catatonia of comfort and certainty, our inner lives automated by habit and halogen lit by convenience. To try to save ourselves from the despair by which we contour hope, to spare ourselves the fertile doubt and the gasps of self-surprise by which we discover who we really are, is to live a safe distance from alive.

That is what the Uruguayan novelist, journalist, and poet Mario Benedetti (1920–2009) explores in his astonishing poem “No Te Salves” – part indictment, part invitation, reminding us that we most often break our hearts on the hard edges of our own fear of living, on the parts of us so petrified that they have become brittle to the touch of life, the touch of love.

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

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

Contact us at CHEC:

Prof René Pellissier (rene.pellissier@chec.ac.za)
Ms Sisipho Zweni (Sisipho.zweni@chec.ac.za)

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

OPUS PROGRAMME 2026

OPUS	Personal Development Re-wire your next chapter before you retire	
Courses	TOPIC	DESCRIPTION
OPUS 1	<p>SELF-CALIBRATION FOR A DIFFERENT GAME</p> <p>18 May 2026 (9:00-13:00)</p> <p>Facilitators: Ms Amanda Glaeser & Prof Cobus Oosthuizen</p>	<p>Your story-Reframe a new future (re-wire) Navigating change-I am, I believe, I feel, I act Choose your desired future: -Congruence: align facets of your life-heart and mind (subconscious attention) -Confidence: curious, courage creative, evocative -Control: discern, reflect, focus, energise best possibility, witness your own thinking -Conditioning; quality of thinking, thresholds of the mind Visioning and Values Changing neuro-nets (filtering: +/-)</p>
OPUS 2	<p>CALIBRATING AND UNDERSTANDING DIFFERENT GAMES</p> <p>25 May 2026 (9:00-13:00)</p> <p>Facilitators: Ms Amanda Glaeser & Prof Cobus Oosthuizen</p>	<p>Intentional attention -focus-what can I be, not what I am - what is your why? -- strap line? <i>Code and goals</i> Reconcile the past, Maintain desired behaviours, Imagination versus Reality (brain does not always know the difference), Agile planning-set energy on chosen possibility, Personal branding, Context-power versus force</p>
OPUS 3	<p>CREATING A NEW REALITY</p> <p>1 June 2026 (9:00-13:00)</p> <p>Facilitators: Ms Amanda Glaeser & Prof Cobus Oosthuizen</p>	<p>Self-attractors/alternate modalities: emeritus status, PT teaching, consulting, volunteering, public speaking, continued learning, new networks and friends, family engagement, travel or: a complete reinvention of the self</p>
OPUS 4	<p>SELF-DESIGNING</p> <p>29 June 2026 (9:00-13:00)</p> <p>Facilitators: Ms Amanda Glaeser & Prof Cobus Oosthuizen</p>	<p>Creating your new future</p>
Closing	<p><i>Self-reflection and role playing towards envisioning</i> <i>Use the Appreciative Enquiry structure (define, discover, dream, design, destiny)</i> 3 July 2026 (9:00-13:00)</p>	

Academics and higher education professionals within five years of retirement often ask “What’s my next game?” The Cape Higher Education Consortium’s new **OPUS programme** answers that question – an intensive virtual workshop series that helps you recalibrate identity, purpose and impact for life after the institution.