

Name of workshop:	Think Tank workshop for Seniors (SLIC workshop)
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Aims:	<ul style="list-style-type: none"> <li>- to obtain new activities in life after work life, to find new paths for learning and acting in pension years.</li> <li>- to review personal skills and own potentials</li> </ul>
Objectives:	<ul style="list-style-type: none"> <li>- to learn from other participants' experiences</li> <li>- construct a personal skills profile</li> <li>- to plan the future and write goals into an action plan</li> <li>- to gather information about the many possibilities of studying, volunteering and being active in the community</li> </ul>

### WORKSHOP: KEY TECHNIQUES

**Ice Breaker** *'Where are you from?'*- to introduce participants and their birth places to the group by forming an imaginary map on the floor. (IB)

**Setting the Scene** The facilitator presented the background to the workshops and described the activities to be explored over the two days.

### Core Workshop Activities

- An inspiring lecture on learning and aging
- Discussing the concept of skills and constructing a skills profile (SP)
- *'Inspiring stories'* - a homework exercise, which enabled participants to share experiences on studying, volunteering and engagement. (HW)
- *'Seniors' briefcase'* - a compiled list of different kinds of activities for seniors. Participants used websites to search for more complementary activities to add to the list. (AP)
- *'The tree of dreams'* - an exercise, which illustrated the interests and dreams of the workshop group (AP)
- Formulating goals into action (AP)

### Appendix Key

AP - Goals & Action Plans  
IB - Ice Breaker  
HW - Homework  
MR - Marketing & Recruiting  
SP - Skills Profile  
VLO - Volunteering & Learning Opportunities

### Running the Workshop Activities

The workshops were practical interactive sessions using group, pair and individual work. Working and discussing in small groups with a group leader in each group led to inspiring discussions, sharing ideas and getting encouragement from other participants.

### Resources and Materials

- skills profile and action plan forms
- 'Seniors' briefcase' - list
- a tree silhouette, green leaf-shaped blank cards and felt tip pens
- flipchart, portable computers with internet access, data projector

### Additional Comments

- The discussions in small groups requires assistants or active senior volunteers as 'helping hands'/group leaders, who are trained beforehand to run the discussions.
- Creating an informal and good atmosphere is a crucial part of the success of the workshop.

