

Name of workshop:	SLIC – Spendere le Proprie Competenze
Address:	CESV – Centro Servizi per il Volontariato, Via Livio Agresti 4 Roma
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‘Spendere le Proprie Competenze’ consisted of 2 afternoon workshops for older adults (MR)

Aims:	<ul style="list-style-type: none"> - to explore the world of volunteering and learning opportunities - to review personal skills and areas of development - to listen to key persons (professional) in the area of volunteering (VLO)
Objectives:	<ul style="list-style-type: none"> - construct a personal skills profile and volunteering CV - know how to identify goals and create a sound action plan - use directories to search for volunteering and learning opportunities (VLO)

WORKSHOP: KEY TECHNIQUES

Presentation round ‘Getting Acquainted’- For team building purposes and exploring expectations about the seminar (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

- Working groups - encouraging dialogue, discovery and diversity (SP)
- Mind mapping – a creative tool to explore topical questions (SP)
- Constructing a skills profile and volunteering CV using self evaluation (SP)
- Setting goals and action plans (AP)
- Feedback from families and friends on self assessment statements HW

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 and individual work. Group discussions and reflections on skills and experiences led to identification of future volunteering opportunities and for general learning opportunities.

Resources and Materials

- Post it and coloured pens
- flipchart
- Map of Rome

Additional Comments

- Working groups create a sociable space to share experiences and knowledge SP
- Personal Skills Profile work shared with family and friends was a key exercise (HW)
- The workshop was a chance to reflect on own lives and benchmarking the actual situation SP

