

Name of workshop:	Think Tank workshop for Seniors (SLIC workshop)
Address:	Stoa, Itäkeskus, Turunlinnantie 1, PL 5370, 00099 Helsingin kaupunki
Contact:	Pirjo Halla, Elisa Tan
Tel:	+3589 31088571
Email:	pirjo.halla@opisto.hel.fi , elisa.tan@opisto.hel.fi

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

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.

