

Doing Our Wisdomwork: Living With Spirit; Aging With Grace

Beyond the Basics:

A Resource Sharing Session for Certified Sage-ing® Leaders

October 12, 2012

Wisdom Speaks: The Art of Aging

An International Sage-ing Conference

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Enclosed: CSL Facilitator agendas and hand-outs prepared by:

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as part of their work together in WisdomWork

Special thanks to Carol Scott Kassner, CSL and Pat Lewis, CSL of Aging with Wisdom© <http://agingwithwisdom.org/>. Some of the information in this packet was adapted from their workshop titled: “Responding to the Invitations of Midlife”. They inspired us to develop our own workshop for mid-life adults. We appreciate their wisdom and generosity.

Doing Our Wisdomwork: Living With Spirit; Aging With Grace

FACILITATORS' AGENDA

Friday evening
6:30 – 8:30 p.m.

(Framework: Appreciative, reflective, integrative, strengths-based, “the answers are inside you,” “it’s the journey, not the destination,” living in the question, creating and being in heartspace, this is a beginning/starting point)

Objectives:

1. To deepen my appreciation of aging as an opportunity for personal growth and service.
2. To examine the concept of aging well, and identify ways to enhance physical, emotional, mental and spiritual well-being in the second half of life.
3. To identify my unique gifts, and explore ways to share them with the world.
4. To fill my “toolbox” with tools to live with spirit and age with grace.
5. To be supported by a community of like-minded people.

Blue = Something we need to bring

Green = Handout

Purple = Tool – point out to participants

6:00 Gather and Greet

Name Tags/Handouts/Background Music/Refreshments

6:30 Welcome and Logistics

Welcome to *Living With Spirit; Aging With Grace*

A journey, an opportunity, a beginning...

Logistics

Bathrooms

Schedule for this evening and tomorrow

Start time tomorrow; end time tonight and tomorrow – on flipchart

Food – Snacks – healthy and available – help yourself

We will not take a break per se

Lunch tomorrow – **special food needs**, time flexible –???-ish

Recycling

Special needs – see Rosemary or Maureen

Cell phones off

Sharing of participant list – Check your information on the list. Initial, if you are willing to share it with others; black out any part you don't want to share.

6:40 Convening the Circle

Lighting the candle (**Tool – creating a safe space, point of focus**)
(Candle –battery-operated), lighter, table, covering, gong)

Centering / focusing exercise/**quieting the mind**

Take a moment to try this simple but profound way to center from Vietnamese monk Thich Nhat Hanh:

Take one breath to “let go”
Take one breath to “be here”
Take one breath to ask “now what?”

Opening reading –

Reflection Card: What is the core question or issue that I bring with me to this workshop? What drew me here? What is the work that I feel called to do at this time in my life? (**Basket to hold the cards**) (Part of centering)

Creating a safe space/community agreements (**Flipchart, tape, markers, stand**)

Greenhouse (Tool – enables us to honor the ideas that come up during our time together, yet stay focused in the moment)

Honoring our time together/schedule - sound as a signal to change/reconvene (**gong**)

Use of hand signals - speak up (increasing volume)

Use of lights to indicate time to change, time to complete a task

***This is just a beginning. **Keep your eyes and ears open for a buddy with whom to continue this work.**

This is YOUR time. Give yourself permission to do what YOU need to do

Reinforce that the answers are inside them, and the work is theirs to do.

6:55 Full Introductions

Who we are and why we're here

Maureen and Rosemary - aging backgrounds, sage-ing/purpose project, WisdomWork, number of years of life experience (comment on language/paradigm shift)

Whole-Group Sharing: Name, number of years of life experience, what your core question is (if you want to share); then drop the card in the

basket and pass it to next person – symbolizes gathering the energy of the group. (Bring basket.)

****Number of years of life experience in the group: _____

7:08 Discussion of Our Work Together

Talk about the title and what it means

Objectives for our time together (H)

Plus:

- Celebrating ourselves - who we are, where we've been, where we are now, where we're going
- Creating time and space for reflection/going deeper
- Having "courageous conversations" with myself and others
- Being a compassionate witness – the power of being listened to
- It's about asking questions, not finding answers – living in the question
- Finding a buddy with whom to continue to do this work
Isolation is deadly!
- Creating connection and community
- Additional comments gleaned from their introductions/core questions/comments
- This is a beginning, a journey, an opportunity to think and dream in new ways
- Congratulations for making the commitment to begin

Let's Do It!

(Move to tables.)

7:15 Life Stages, Life Transitions and Life Review

Setting the stage: Why is it important to do life review?

Background on life transitions (noting that wisdom comes from reflecting on our experiences)

Lifeline Exercise

Birth, death, midpoint, present age

Note some key events/transitions that occurred in your life.

Label the different times/stages/phases in your life.

7:35 Small-Group Sharing (15 minutes) (Use gong after 5 minutes, each person gets 5 minutes – deep listening and sharing)

7:50 Break – get refreshments and come back into the circle

7:55 Whole-Group Harvest

When does the “second half of life” begin on your lifeline?

How did it feel to look at your life and death?

What did you notice about the transitions or turning-point events in the first half of your life compared to the second half of your life?

What did you learn about who you are NOW as a result of all of the experiences you’ve had?

Facilitate the whole-group harvest / scribe responses.

Reinforce: the answers are inside of you, and the work is yours to do.

Capture key point “in their words” to use in the summary at the end of the evening.

8:10 Exploring This Stage of Life

Beginning Instinct / Completion Instinct

Homo Ludens / Homo Faber / Homo Sapien

(Module 2, CSL Curriculum Resource Guide © 2007 Sage-ing® Guild)

Brief opportunity for journaling: My life now, life changes...

8:25 Closing

Use their words, where possible. Reinforce that the wisdom is in them.

Review of starting time and logistics for tomorrow

Come early (8:45)/enjoy the company of your fellow travelers

Confirm that everyone has had a chance to review the participant list.

Bring something to share

Closing reading: *For a New Beginning* by John O’Donohue

Ritual to close the circle (eg., from PeerSpirit, Inc. ... Life & Leadership through Circle, Quest and Story (www.peerspirit.com):

Breathe out together into the center to represent all that’s been shared.
Breathe in from the center together to represent what you wish to take away.

Group does one clap together to close the circle.