

Wisdom Circle topics

Here are some ideas for Wisdom Circle topics that others have used. Feel free to use these in your Wisdom Circle group. It would be great to attribute them to their originators, just so people can see how rich these Wisdom Circles are.

Submitted by the Los Alamos Breakfast of Elders group ~1999-2006

Perhaps the oldest Wisdom Circle in our WC community has met in Los Alamos, NM monthly since ~1995. Here is a [listing](#) of nearly 100 topics they explored in their early years.

Submitted by Mary Anne Ingenthron 10/17

At our Davis, CA Active Older Adults Wisdom Circle at the library yesterday we focused on the topic *Resilience* in light of the fires going on all around us. It was very good sharing! After sharing feelings about the fires and then watching a part of this [Joan Borysenko](#) interview on the subject of Resilience, we wrote about the following questions:

1. Write about a time in your life that called for resilience. What most helped you get through that time?
2. Did you find a way to find meaning during or after the time you described above ? How?
3. Have you experienced Joan Borysenko's resilience tools--*being realistic, being creative, being mindful, asking for help and having a sense of humor*-- helpful to you in getting through difficult times? Be specific about how. Were there other tools that helped you?
4. What is calling for resilience in your life today? What tools are helping you through that?

This was followed by sharing in Dyads and then harvesting.

Submitted by Gary Carlson 11/18

I recently received a [newsletter from the Pass It On Network](#), one of Sage-ing International's partners at our recent (wonderful) Conference. In this newsletter, there was a [video](#) entitled *What's One Thing That's Important to Your Sense of Well-being?* It features 18 Elders from around the globe giving their 15-second answer to this question. I thought, as I watched it, that it would be a great topic for a Wisdom Circle. Please [watch the video](#) (it's only 4 minutes) and see whether you might like to use it in your Wisdom Circle. My idea is to show the video (It can be downloaded or streamed), and then invite the Wisdom Circle participants to share in dyads or triads their own answer to the question, followed by a harvesting. You might think of a different way to use it, or to use the topic. Please let me know how this works for you.

Submitted by Mary Anne Ingenthron 1/19

1. I came across this Bill Thomas youtube in preparing for my next Wisdom Circle. I've started sharing resources from the conference wisdom with them. I sometimes start with a 15 to 20 minute video and then use it to generate questions for writing or discussion. This one is very good by Dr. Thomas and the right length for me (about 20 minutes). It might be of use to other Wisdom Circle facilitators.

<https://www.youtube.com/watch?v=8QA2qArF514>

Preview YouTube video Bill Thomas - Elderhood rising the dawn of a new world age



2. This is another resource with dozens of podcasts on the subject of Leaving a Legacy--including Rachael Freed.

[HOME](#)



Submitted by Anne Murray 1/19

I shared in our WC today about Bob Atchley and some of his legacy...I put on the whiteboard his favorite lyrics that expressed his wisdom thoughts: "Pay close attention. Learn what you can. Let go of what's over. And keep on movin'" That provide the framework for our check-in as well as our discussion of scared activism.

