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The Legacy Lab: Discovering Your Story & Strengths

Facilitator Guide — Regional Gatherings 2026

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Foundations & Influences

This workshop is grounded in Asset-Based Community Development (ABCD) and a strengths-focused approach to healthy aging. We acknowledge the contributions of community organizers and practitioners who have advanced story-based discovery of gifts and the power of place. Use this guide to adapt activities to your community context while centering dignity, cultural safety, and reciprocity.

Workshop Overview

Purpose

The Legacy Lab supports CBSS organizations to meaningfully connect with older adults, identify their assets and aspirations, and link those strengths to the Determinants of Healthy Aging so people can age well in community.

Workshop Summary

The Legacy Lab is an interactive, strengths-focused 90-minute workshop that guides older adults to explore personal stories, uncover gifts and talents, and connect these strengths to the Determinants of Healthy Aging. Grounded in ABCD, the workshop shifts focus from needs to assets and highlights the contributions older adults bring to their communities.

Value for CBSS Organizations

This workshop helps organizations to:

- Build programs that reflect strengths and interests of older adults
- Foster reciprocal relationships rather than one-directional service dynamics
- Enhance outreach and engagement through an asset-based lens
- Strengthen community resilience by amplifying older adults' contributions

Facilitation Philosophy

Guiding principles for this session:

- Strengths-first: assume capacities, not deficits.
- Dignity & autonomy: participants choose how and what to share.
- Cultural safety & humility: make space for Indigenous, newcomer, rural, 2SLGBTQ+, and other lived experiences.
- Trauma- and violence-informed: avoid forced disclosure; provide opt-outs and support.
- Accessibility by design: plan for hearing, vision, mobility, and cognitive diversity.
- Reciprocity: treat stories as gifts; ask permission before noting names or stories.



Learning Objectives

1. Understand the Determinants of Healthy Aging and common activities within each of the six categories.
2. Identify personal skills, gifts, passions, and knowledge.
3. Connect individual strengths to the Determinants of Healthy Aging and to local community assets.
4. Reimagine roles as active contributors who strengthen natural supports.
5. Increase awareness of local resources that support aging well.

Pre-Workshop Preparation

Room Setup & Materials

- Projector/screen and slides; test audio and visibility from the back of the room.
- Seating in pairs with space for privacy; ensure accessible routes.
- Flipchart or whiteboard for themes and “matches”.
- Handouts: Determinants of Healthy Aging Reflection Wheel; Self-Reflection (Talents/Passions/Knowledge) 1 & 2; Healthy Aging Framework Primer.
- Markers, pens, sticky notes; fidget items and light refreshments.
- Timer (phone/stopwatch) visible to facilitators.

Accessibility & Inclusion Checklist

- Large-print handouts (14–16 pt) and high-contrast slides.
- Microphone if room >25 people; repeat questions before answering.
- Good lighting, minimal glare; reduce background noise.
- Offer assistive seating (front row, chairs with arms).
- Provide content warnings for sensitive topics; allow “pass”.
- Invite language preferences and pronouns; avoid assumptions.

Materials & Resources

For the Facilitator

- Laptop, projector, screen
- Timer (stopwatch or smart device)
- The Legacy Lab PowerPoint
- Handouts: Determinants Wheel; Self-Reflection (TPK) 1 & 2; Healthy Aging Framework Primer
- Flip chart or whiteboard
- Markers, pens, sticky notes
- Fidget items and

Detailed Agenda (90 minutes)

Time	Activity	What Participants Do	Facilitator Moves & Script Cues	Materials	Learning Objective(s)
8 min	Welcome & Icebreaker	Connect, have fun, build a safer space.	Open with land acknowledgment appropriate to your context. Invite a light activity (e.g., “image cards”: choose a card that represents how you arrived today). Keep it optional.	Optional: image cards	—
2 min	Who Am I? (facilitator)	Listen to a brief intro from the facilitator.	Share your role, what brings you joy, and 2–3 of your own assets (skills/passions/knowledge) to model vulnerability.	Slides	—
8 min	Determinants of Healthy Aging — Overview	Learn the six determinants and why they matter for aging well.	Briefly define each determinant, highlighting relevance to daily life. Keep examples local when possible.	Slides; Determinants Wheel	LO1
6 min	Determinants — Activities on the Wheel	Individually note activities or services they use under each category on the wheel.	Prompt: “What do you do, use, or attend that fits here?” Encourage inclusion of informal supports.	Handout: Wheel; pens	LO1
2 min	Transition to Pairs	Have participants stand and face inside the room. Have people lock eyes with someone in the room and	Support pairing and clarify roles: one speaker, one listener; then switch.	Slides; timer	—
6 min	Story Round A — Who are you?	Speaker A shares where they were born/lived and someone who helped them become who they are.	Remind: listener’s role is to listen without questions; thank the speaker at the end.	Timer	LO2

6 min	Story Round B — Who are you?	Speaker B shares the same prompts.	Keep time visible; invite breathing space between rounds.	Timer	LO2
6 min	Open Debrief	Volunteers share what they learned from their partner; note similarities or surprises.	Facilitate share-out, reflect themes; connect organically to determinants.	—	LO2, LO3
1 min	Transition	Refocus to the front.	Set up the self-reflection activity.	—	—
5 min	Self-Reflection — Talents/Skills, Passions, Knowledge	Individually list items in each category (things you could teach or share).	Encourage small or big gifts; offer examples as needed.	Handout: TPK 1; timer	LO2
6 – 10 min	Share Back (quick round)	A few participants share one item from each category.	Capture assets on flipchart; connect to determinants where relevant.	Flipchart/markers	LO3
4 min	Build-On Reflection — What I'd like to learn or explore	Individually note one “learning edge” in each category.	Frame as curiosity; no pressure to commit.	Handout: TPK 2; timer	LO4
6 – 10 min	Share Back with “Matches”	Participants listen for matches between someone’s learning edge and another’s talent/knowledge; call “Match!”.	Facilitator notes themes; surface potential peer-led opportunities and local resources.	Flipchart/markers	LO4, LO5
10 min	Sharing Circle	Optional closing circle; each person may speak or pass.	Hold space, remind listening norms, and time boundaries.	—	—



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4 min	Closing & Next Steps	Thank participants, share follow-up options.	Invite sign-up for interest groups; share resource list and contacts.	—	LO5
—	Flexible Buffer (as needed)	Use up to 6 minutes to absorb transitions, accessibility needs, or deeper discussion.	Adjust on the fly; skip or compress items if necessary.	—	—

Sample Scripts (use and adapt in your own words)

Opening Welcome

“Welcome everyone. My name is _____. Today we’ll explore our stories and strengths. You choose what and how much to share. Listening is our superpower. If you prefer to pass at any point, that is absolutely okay.”

Listening Norms

“In pairs, one person speaks while the other only listens: no questions, advice, or fixes. When it’s your turn to listen, simply receive the gift of the story.”

Content Note

“Stories can stir emotions. Take a breath; you’re invited to step out or pass. Support is available, please see me if you’d like to talk or be connected after.”

Redirect with Care

“I appreciate your perspective. To honor everyone’s time, let’s park this for the break and return to our activity so we can hear from others.”

Closing

“Thank you for the wisdom you shared. We noted several ‘matches’ – places where your strengths meet someone’s learning edge. We’ll follow up with options to connect and explore together.”

Inclusion, Safety & Ethics

- Confidentiality: Remind participants not to share others’ stories without permission.
- Consent: Ask before writing names next to assets on flipcharts; offer anonymous collection if preferred.
- Cultural protocols: When appropriate, invite local Elders/Knowledge Keepers to guide openings/closings.
- Safeguarding: Have a plan for emotional distress; know local support contacts and reporting obligations.
- Language: Use plain language; avoid jargon; define terms briefly on slides/handouts.

Connecting Strengths to Local Resources

During share-backs, map assets to local opportunities: community centers, intergenerational programs, peer-led clubs, volunteer roles, cultural gatherings, outdoor and land-based activities, mutual aid groups, and health promotion services. If a resource does not exist, invite participants to co-design small, low-barrier steps to try together.



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Data Capture & Follow-Up (for CBSS teams)

- Capture themes (not personal details) from flipcharts—photograph and transcribe.
- List “matches” and interest clusters; identify potential peer leaders willing to co-host activities.
- Within 1–2 weeks, share a simple summary with participants, resource links, and next steps.
- Schedule a 30-minute internal debrief to document lessons and plan follow-up offers

Appendix A: Determinants of Healthy Aging — Reflection Wheel (Handout)

Instructions: For each of the
you do or services you access.
the session.

six categories, write activities
Use this as a prompt during





Appendix B: Self-Reflection — Talents/Skills, Passions, Knowledge (TPK 1)

Talents / Skills

1. _____
2. _____
3. _____
4. _____
5. _____

Passions (what I care about)

1. _____
2. _____
3. _____
4. _____
5. _____

Knowledge (lived/learned)

1. _____
2. _____
3. _____
4. _____
5. _____



Appendix C: Build-On — What I'd Like to Learn or Explore (TPK 2)

Skills I'd like to build

1. _____
2. _____
3. _____
4. _____
5. _____

Passions I'd like to explore

1. _____
2. _____
3. _____
4. _____
5. _____

Knowledge I'd like to gain/share

1. _____
2. _____
3. _____
4. _____
5. _____

Appendix D: Room Setup & Materials Checklist

- Seating in pairs; accessible pathways
- Slides projected and legible from back row
- Handouts (Wheel, TPK 1 & 2, Primer) printed (large print available)
- Flipchart/markers; sticky notes; pens
- Refreshments and water
- Sign-in sheet and consent note (if collecting contacts)
- Back-up plan for tech (printed slides/notes)



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Appendix E: Post-Workshop Debrief Template (Internal)

Date / Location / Facilitator(s): _____

What worked well (activities, flow, accessibility):

Challenges or tensions (content, timing, dynamics):

Themes heard (assets, interests, matches):

Resources to connect / gaps identified:

Immediate next steps & owners:

Follow-up communications sent (Y/N) and date: