

The Legacy Lab:
Discovering Your Story & Strengths





Acknowledgement of Community Contributors

Healthy Aging Alberta acknowledges the contributions of community organizers and practitioners who have advanced story-based discovery of gifts and the power of place.



**Regional
Gatherings '26**

Creating a Welcoming and Brave Space

- **Care & Confidentiality:** What's shared here stays here unless someone says it's okay to share.
- **Consent:** We check in before sharing names or stories. Everyone owns their story.
- **Choice:** You're welcome to speak, pass, listen, or take a break - whatever feels right.
- **Curiosity & Respect:** We bring different experiences. Let's stay open, kind, and curious.
- **Shared Responsibility:** We create this space together by listening well and making room for every voice.



Icebreaker Activity

- How are you entering this space?



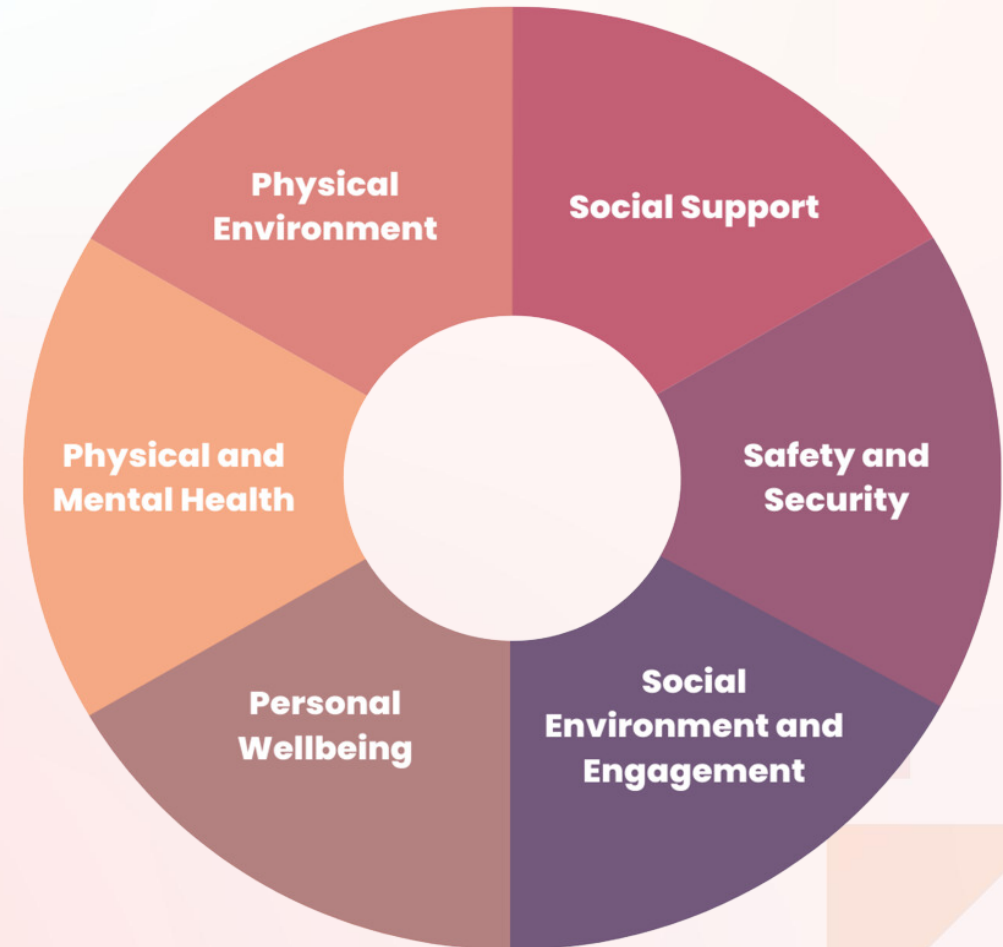
**Regional
Gatherings '26**

Who Am I?

Example:

- Where were you born and raised
 - How has this shaped you (ex. farm life, different country, etc)
- Things that matter to you (ex. Camping, hiking, being with family, etc.)
- Where do your passions come from (ex. I am passionate about working with seniors because... family influence)
- How do you show affection, (or care, or love language, etc.)

Determinants of Healthy Aging





Who Are You?

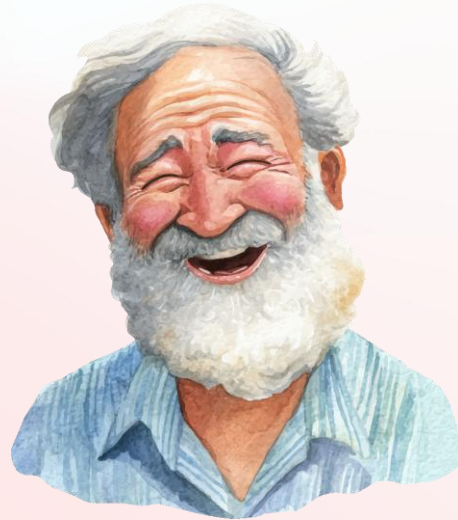


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What Has Shaped You?



Where do your passions come from (ex. I am passionate about working with seniors because... family influence)



Things that matter to you (ex. Camping, hiking, being with family, etc.)
How do you show affection, (or care, love language, etc.)



Where were you born/ raised
How has this shaped you (ex. farm life, different country, etc)



**Open Sharing:
Any surprises or similarities?**



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Self-Reflection 1



What are your talents or skills?
(Big or small!)



What pulls your heartstrings?
Where does your passion lie?



What knowledge do you hold?



Open Sharing:
A few participants can share
one item from each category.

Self-Reflection 2



What skill or talent do you want to learn or enhance?



What do you want to explore more?
What makes you curious?



What would you like to know more about?

Share Back: Is There a Match?

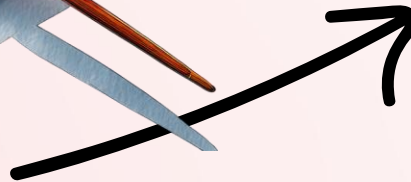




Table Share Back: Describe this Experience



**Regional
Gatherings '26**

Reflections

- **Connection Before Commitments**
- **Invite Small Actions Rather Than Big Investments**
 - **Let passions Guide what Grows**
 - **Weave Talents Into Existing Spaces**
 - **Support Natural Leaders**
 - **Make Contributions Visible**
- **Keep Shifting The Story About Aging**