



Workshop name	Well-being in everyday life
Organization	Club of Personalists of Moravia and Silesia
Form	Online
The goal of intergenerational transfer of experience	A program where the younger ones pass on their knowledge and experience to the older generation
Training Targets	
For the older generation	To show older generations how it is possible to incorporate one of the many principles of well-being and circadian rhythms into everyday life.
For the younger generation	How is it possible to set the principles of wellbeing within the family (intergenerationally), especially in the area of different perception of time, habits and circadian rhythms.
Workshop topics	<ul style="list-style-type: none"> ✓ Narrative ✓ Transfer of experience and knowledge ✓ Verification of knowledge
Activities:	<p><u>Before the workshop:</u></p> <ul style="list-style-type: none"> ✓ The lecturer prepared a presentation ✓ The lecturer included an online test to test wellbeing in the presentation – after the workshop ✓ The lecturer included test questions for circadian rhythms as part of the presentation ✓ The lecturer used storytelling to bring the issues from everyday life closer. ✓ Participant activity before the workshop is not necessary <p><u>During the workshop:</u></p> <ul style="list-style-type: none"> ✓ The lecturer will welcome the participants, introduce himself and briefly outline the goal of the workshop. It asks the participants of the group discussion about their experiences with wellbeing in everyday life. ✓ The lecturer will play a presentation video so that participants have the opportunity to see an introductory topic on wellbeing – from everyday family life. ✓ After watching the video, the lecturer will guide the participants through an introduction to the issue and the differences between the generations. ✓ At the end, the lecturer will ask evaluation questions and answer any other questions of the participants. Subsequently, he informs about the possibility of testing his type (circadian rhythms) and the possibility of a follow-up consultation after the workshop.



	<p><u>After the workshop</u></p> <ul style="list-style-type: none"> ✓ The lecturer will share with the participants a link to the online test related to the workshop and will collect emails from participants with questions related to the test results.
Methods	Presentations, watching videos, group discussions, working with infographics
Apparatuses	<ul style="list-style-type: none"> ✓ Computer ✓ Camcorder ✓ Microphone ✓ Platform for workshop implementation (Teams, Whereby, Google meet, etc...)
Evaluation questions	<ul style="list-style-type: none"> ✓ Can you differentiate between circadian rhythms in your family and friends?
Duration of the workshop	45 minutes
Number of participants	Minimum 2, maximum number is not specified, recommended number is a maximum of 20 people due to the possibility of online interactions during the workshop
Lesson Notes	
<p><u>Participant Group Profile:</u> Only basic prior knowledge of the topic/tool is assumed Participants of different ages and genders (25-60 years) Workshop on the Erasmus⁺ project Solving the intergenerational puzzle INTER-PUZZLE</p>	