

TIMETABLE

The workshop is designed to last for two hours including a refreshment break.

■ **Welcome** 10 MINUTES

This includes setting ground rules such as confidentiality, respect and self-responsibility and a brief outline of the session and its purpose to ensure people feel safe and know what to expect.

■ **Reflection** 10 MINUTES

Listening to a poem and a song to begin quietly thinking about mortality.

■ **Silence** 5 MINUTES

This gives people time to reflect and to feel their own responses to what they have encountered.

■ **Discussion** 10 MINUTES

This can be done either in pairs or as a group. It gives an opportunity to discuss what has been encountered and what it has evoked.

■ **Refreshment break** 15 MINUTES

■ **Creative engagement** 40 MINUTES

An opportunity to write a legacy card, make a collage, paint a picture or respond to reflection cards

■ **Sharing** 20 MINUTES

Time to share responses and creative expressions.

■ **Drawing the threads together** 5 MINUTES

An opportunity to draw out the main questions, themes, insights and concerns that have been voiced.

■ **Ending with prayer** 5 MINUTES

TIMETABLE (CONTINUED)

Variations on the two hour workshop

This basic structure of the two hour workshop works well as long as there are skilled facilitators who can work with the dynamics of the group to keep the process moving. The advantage of a two hour workshop is that it can be run in an evening or part of a day and it is not too daunting or demanding of people's time and other resources.

If you would like to expand the workshop to half a day or a day, you can easily do this as the process contains and generates plenty rich material:

■ For a half-day workshop, you can:

- extend the discussion time
- extend the refreshment break to allow more time for informal interaction
- extend the time for creative engagement

■ For a day workshop, you can:

- extend the sections as for the half-day workshop and in addition, allow time for lunch and extend the time for drawing things together, highlighting the questions, themes, insights and concerns that have been shared.
- end with a longer period of worship that perhaps incorporates some of the work that has been done, depending on the context.