The Good Life Supermarket

Exercise for training workshops
Purpose of the exercise

1. To illustrate that the things we need to live a good life usually come from ‘Community-land’ not ‘Service-land’.

2. Investment in Service-land currently outstrips investment in Community-land even though that’s where we would choose to get the things we need to live a good life.
Step one

Facilitator

- Ask participants to imagine they’re 85 years old, have been told they’re ‘vulnerable’ and there are lots of people who want to help.
- As this 85 year old, they don’t want to be ‘saved’, they want to keep their independence and they want to stay in their own home.

Exercise

- Each participant should think about what 6 things they would fight for and that would determine a good life for them as this 85 year old?
- Working in groups of 3, discuss the 6 things and write each one on a separate post-it note. Each group should have 18 post-it notes.
Step two

Facilitator

- Prepares 3 flip-chart pages (or equivalent)
Step two

Facilitator

• Sets them out on a table (or equivalent)
Step three

Facilitator

- Bring participants together and outline each of the supermarkets.
- Ask the participants to think about which supermarket they would go to for the 6 things they have listed for their good life.
- For each post-it note, take 100 Euros and put it in the supermarket they would need to go to.
Step four

Facilitator

• Invite participants to reflect on where the majority of the money would go... But where do we currently invest?
• Ask participants to think about what can be done to address this imbalance.
Material needed

1. Flip-chart paper.
2. Post-it notes.
3. Pens.
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