

# **Activity: Exploring Your Team's Assets**

## **Purpose**

- This exercise, which is best completed at the beginning of the age-friendly process, is designed to help your group identify (and create an inventory) of the strengths, talents, and assets that exist within your group.
- Identifying these assets upfront will help group members to determine how they may want to participate and how their talents may best be utilized. It also helps the group to realize the wealth of knowledge, abilities, and strengths that the team holds.

## **Directions**

At one of your initial team meetings:

- Print off the “Exploring Your Team's Assets” checklist (below)
- Have each member of the group begin to think about their strengths, talents, abilities, and interests. Be creative.
- Go down the list and record the assets of your team members.
- If an asset is not included in the checklist, write down your own.

*This activity is adapted from:*

*Kretzman, J.P. & McKnight, J.L. (1993). Building Communities from the inside out: A path toward finding and mobilizing a community's assets. Evanston, IL.*

## Exploring Your Team's Assets

<b>Team Members</b>	<b>Assets/Strengths or Interests</b>	<b>How it can be applied to the Age Friendly Initiative</b>

### Potential Skills/Assets

<ul style="list-style-type: none"> <li>- Typing skills</li> <li>- Computer skills</li> <li>- Writing/editing skills</li> <li>- Experiencing taking notes/minutes</li> <li>- Experience with strategic planning and visioning</li> <li>- Project management skills</li> <li>- Comfortable searching out information</li> <li>- Comfortable compiling data</li> <li>- Comfortable with public speaking</li> <li>- Experience with political lobbying</li> <li>- Experience with working with media</li> <li>- Contact with local government</li> </ul>	<ul style="list-style-type: none"> <li>- Socially connected with people in the field</li> <li>- Knowledge of funding sources</li> <li>- Experience with grant and proposal writing</li> <li>- Ability to offer insights from lived experience</li> <li>- Skilled at working with others</li> <li>- Ability to contribute financially</li> <li>- Ability to offer time</li> <li>- Experience facilitating groups</li> <li>- Fundraising experience</li> <li>- Presentation or public speaking skills</li> </ul>
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