



Day 1 – “Back to the Future”

In phase 1, the participants explore their own and others predicted vision of the future of wellbeing in 2057, with the specific focus on what they think is very likely to happen (the predicted or realistic vision). Furthermore, it is a first step for the participants to become more aware of their ideas about the future and possibly also the underlying assumptions.

Aim: to convert tacit knowledge into explicit. Phase one ultimately will bring out awareness that we all use the future in our daily lives even if not conscious of such a process. In phase 2 we leave behind the probable and desirable futures and explore the underlying assumptions of the participants about the future through an alternative vision: a reframing model or discontinuous framework. This alternative framework (not realistic, nor preferable) seeks the opposites or the enlargements of the shared visions and aims to reveal assumptions, blind spots and gaps, resulting in insight in one's assumptions, beliefs and values as a base for a robust scenario in the following steps.

The point of phase 2 is to experience the power of our anticipatory assumptions in shaping the futures we imagine and the potential to address the creative challenge of inventing paradigmatically different futures. Participants are guided to imagine changes in the conditions of change in the way people use the future