

L3 AGORA

*"Making real friends later in life is really rare and really rewarding."
--Bruce Springsteen*

Agora is an L3 signature program and was exclusively designed by and for members. Five members of similar age and experience, meet via Zoom every four to six weeks for private, 90-minute conversations around topics which are relevant to our lives.

Resulting in what we call, authentic connections.

This guidebook shares the tools that have been proven to create a supportive environment where members establish trust, intimacy and supportive connections while discussing important aspects of life. Following the recommended guidelines will help to ensure positive relationships and a successful group for years to come.

You will need...

A Willingness to be Vulnerable

Shared vulnerability is the foundation for connection. Without vulnerability, relationships are superficial. It's your decision what and when to share, but when you do, you'll be rewarded with deep and meaningful connections.

A Safe Environment

In order to have vulnerability, it's important to have a safe environment, which requires confidentiality and a judgment-free zone.

Confidentiality means nothing is to be shared without the permission of the person who shared it. To ensure we're not being judgmental, we only speak from experience, sharing specifics not generalities or opinions. Responses are made in "I" statements (I did or I would vs. you could or you should).

A Moderator

The moderator is responsible for keeping the calls focused and on task and agrees to lead the group for one year. The moderator may ask for volunteers to assist with the group. L3 provides moderator training and a moderator guidebook.

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Core Values

Courtesy

We honor each other by being on time, staying until the end of the call, being free from distractions and letting others finish their thoughts without interruptions.

Integrity

Agora calls are confidential and should not be shared with anyone outside the group. Members will decide when trust has been earned and feel it is safe to share.

Commitment

Every call is an opportunity to show our affection and respect for one another. Agora members make calls a priority, stay present and engaged during calls, and meet the group's expectations. If a member cannot make the call, it is rescheduled for a time when everyone can attend.

Friendship

Our purpose is to support one another.
It's a rare and valuable thing.

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Authentic Connections

An authentic connection is established when there is freedom to express and explore one's feelings, concerns and ideas in an environment of active listening and acceptance.

When received without judgment, it takes just one or two minutes of deep sharing to form authentic and lasting connections.

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Topic Suggestions

- | | |
|---|--|
| Anger | How to be intentional |
| Attitude | Investing |
| Change | Last to go |
| Charity | Legacy |
| Croak book | Lifeline |
| Dealing with hardship | Listening |
| Death | Loss |
| Dementia and Alzheimer's | Meditation |
| Disease | Most Important person |
| Do/Be | Parent, Adult, Child |
| Don't let the old man in/Old lady vs. crone | Peace-what gives it? |
| End of life | Philosophy of giving |
| Entitlement | Purpose |
| Fears: What would you do if you weren't afraid? | Relevance |
| Friendship | Retirement |
| Get ready | Solitude |
| Giving/ selfless giving | The future |
| Grandparenting | What are the most Important things In Life, now? |
| Gratitude | What do we still want to do? |
| Growing older | Why look at new deals? |
| Happiness | Yours, mine, ours |
| How to make marriage better | How to slow down |

Topic Questions for Discussion

- What are the keys to age-appropriate investing?
- What is anger and how can you control it?
- The impact of a positive and negative attitude.
 - How do you deal with change?
 - Whom do we give to create impact?
- Best practices for confronting hardship.
- How to deal with dementia and Alzheimer's.
- What should we be doing to prevent disease?
- Who do you want to be and what do you want to do?
- How can we combat the aging of our brains?
- Death and dying lessons and practices.
- What would you do if you weren't afraid?

Is my giving unconditional and selfless?
What are the best practices for grandparenting?
What does it mean to be grateful?
Can you accept growing older?
What can we do to make marriage better?
Taking charge of your life, your friendships and relationships.
When I die, will I have done everything I wanted to do with my wealth?
What will I do if I am the last in my family to die?
What does legacy mean if you're gone?
The benefits of listening.
How do we deal with loss?
Are you your most important person? Should you be?
How do we create peace? How can we give peace?
Matching your values with your giving.
How do we remain relevant?
The transition into retirement.
The value of solitude.
How can we have an impact the future?
What are the most Important things in life?
Why look for new opportunities?
The importance of yours, mine and ours in second marriages.
How do we learn to slow down?

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Topic Exercises to Enhance Your Discussions (optional)

Click the link to download the exercise

[Six Factors to Happiness](#)

[Don't Let The Old Man In](#)

[I Wish...](#)

[The Purpose Checkup](#)

[Meditation](#)

[Lifeline](#)

[The Conversation: How to talk about what matters to you and have a say in your health care.](#)

[Finding Happiness](#)

[How old will you live?](#)

[Friendship Exercise](#)

[Rules for Aging](#)

[The Croak Book](#)

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Sample 90-minute

Call Agenda

- Moderator Welcome
(suggested time limit: 1 minute)
- Two-minute Check-in – Each person shares the most significant thing that’s occurred since the last call.
(suggested time limit: 2 minutes per person, 10 minutes total)
- Discuss your chosen topic or elect to discuss an urgent issue shared in the two-minute check-in.
(suggested time limit: 70 minutes)
- Set up next month’s call – date, time and topic
(suggested time limit: 5 minutes)
- Close with each member answering, ‘What did you learn? How did today’s call make you feel?’
(suggested time limit: 5 minutes)
- Adjourn

Scheduling Your Agora Calls

- Email your Agora name, date and time of your next call to Ashley Shearer at ashearer@l3.org.
- The call will be placed on L3’s Zoom calendar and your group will receive a Gmail calendar invite with all the necessary information.
- L3’s automated system will send a reminder email the day before and 45 minutes before your call.