

**Reactions in the workshop Gifted Seniors, SENG conference, Orlando
July 19, 2013 by Noks Nauta**

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Most positive and most negative characteristics of gifted seniors (sheet 14)

- Being highly driven (positive and negative outcomes)
- Creative
- Highly perceptive and intuitive
- Anxious
- Easily dissatisfied and frustrated
- Disappointed in humanity and in oneself
- Depression (also related to disappointment)
- High self esteem
- Lonely
- Not fitting in
- Trying to improve human condition
- Having abilities but not being able to fulfil them
- Thinking about future, gifted in the next generation
- Heart breaking
- Other people feeling threatened by me

How to talk about giftedness to seniors? (sheet 21)

Bring up the G-word?

- People dismiss it often
- People get conceited
- It puts people off
- What are criteria?
- It has to be proven...
- Maybe better to call it: visual-spatial?

Your suggestions for a better life for gifted seniors? (sheet 27)

- College for gifted seniors (in cities in the NL some universities and colleges organize courses for people over 50/55)
- Online courses
- There already exist groups for women over 70, organized by psychologist, dealing with issues affecting this theme
- Gifted groups
- Gifted seniors could become mentors for younger people, offering their talents

Addendums by Noks

1. Abstract of an article from an interesting study:
<http://www.ncbi.nlm.nih.gov/pubmed/12856531>
I tried to contact the author, but she did not reply.

2. Final sentences read aloud by Noks in the workshop, from a letter by one of the interviewees (Female, 71):

"I want to tell you what this all set in motion within me.

Many good things because I dare to look at myself now more honestly and less judging.

The consequence is that I take up challenges more often although they give me conflicting feelings.

The question comes up all the time: "Who do you think you are?" This is very tiring, but I get more and more trust in it.

Since the last 18 months I lost about 30 kilos of weight, which took a lot of effort, but I managed.

More and more I get the idea that there is a robust correlation between my too high body weight, since I was 10 or 11 years old, and my feeling to be só very different from others.

I tried to adapt myself so often, and I wanted to satisfy the (negative) expectations of my parents! They thought I was stupid: well, Then I will be stupid, then they will love me.

These thoughts keep me busy at the moment, this is not easy, but I am coming more near to myself and to who I am really."