

Intergenerational Friendships

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Regardless of whether they have an age gap, “female friendships are vital and incredibly important,”

Agenda / Benefits

- Mentorship
- A new and different perspective
- Personal growth
- No competition, no compare and despair
- Sharing good energy
- Timeless Benefits
- Overcome cognitive biases
- Better communicator
- You’ll learn new skills

What causes the difference between generations and how can we benefit from it?

Circumstances (political, economic, international, social), that played in the time when people grew up in the age between 12-23 years, underlie the characteristics and attitudes of a generation”



Mentorship



New perspective

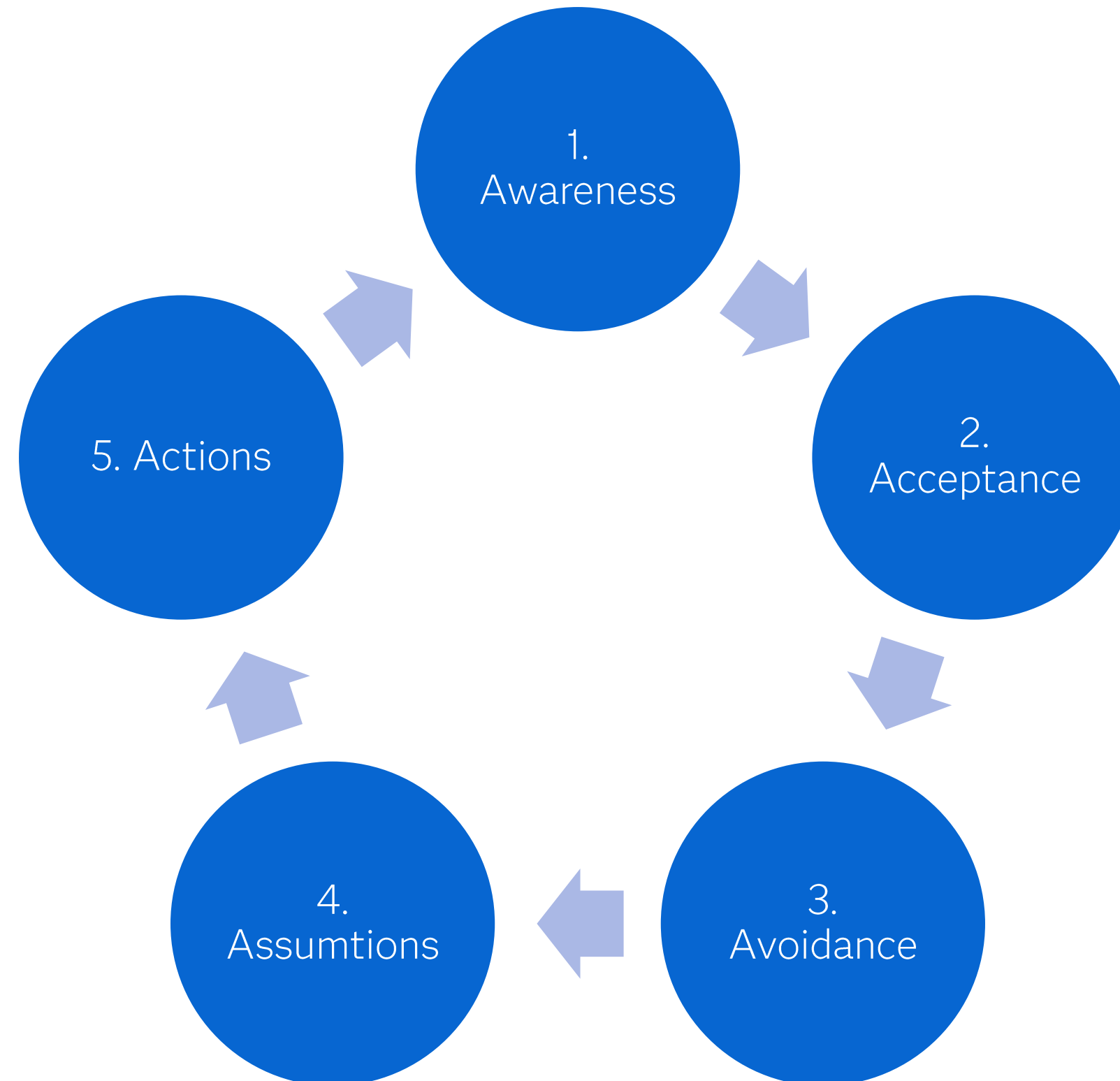
*‘Stick with the people who
pull the Magic out of you
And not the Madness’*

Personal growth

*We Grow And Evolve
And Sometimes We Don't Take Everyone
Who Started With Us
Or Who Joined Us
On The Journey Along
For The Rest Of Th Ride*

*We Must Appreciate Our Friendships
For Whatever
They Helped Us
To Learn, Enjoy And Achieve*

No more compare and despair



Sharing good energy

It's always nice to share your energy

With people from a different generation

With the people who might not have any skills

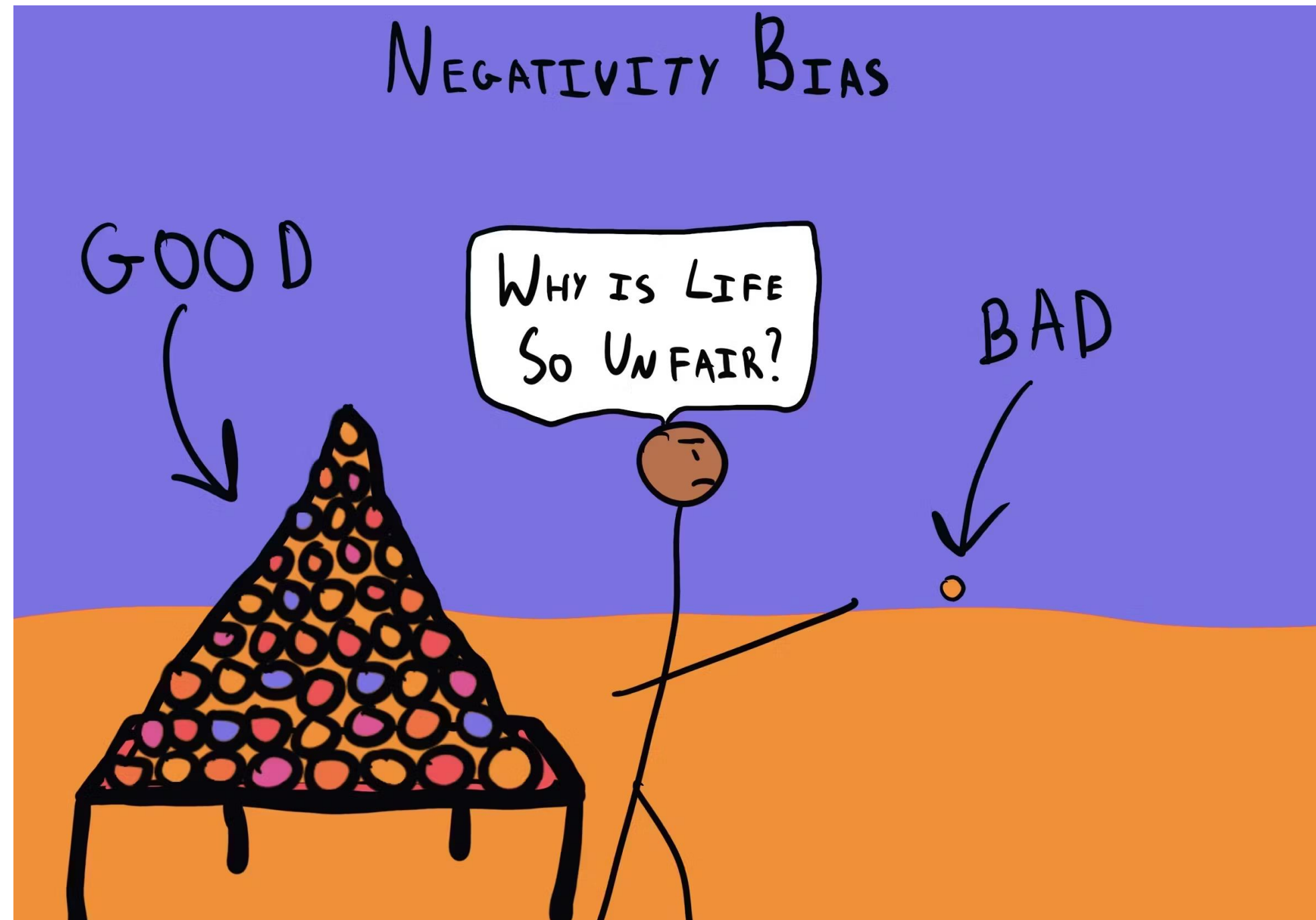
*But are simply willing to be a part of the energy that **YOU**
are sharing*

Timeless benefits

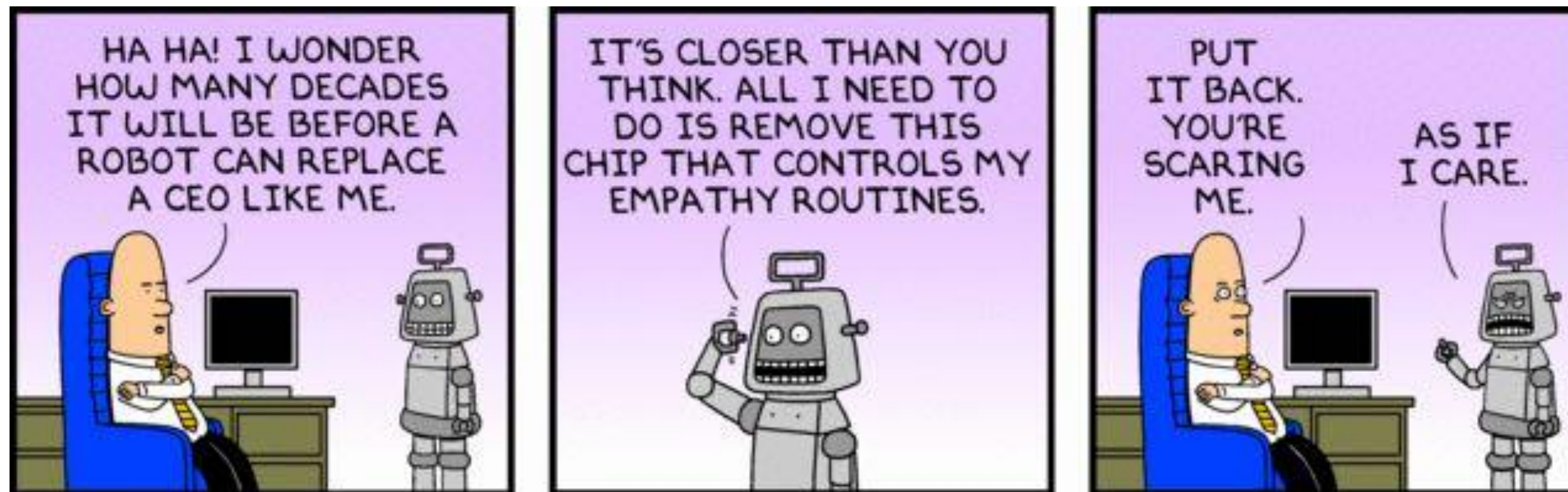
- Expanding your social circle
- Sharing skills and experiences
- Enhanced emotional well-being
- Cognitive stimulation
- Mutual learning and growth



Overcome cognitive biases



Better communicator



You'll learn new skills



Thank you for your time

