



FORESIGHT TRAININGS 2025

Shaping tomorrow: Discover strategic foresight and apply it in your work

EU Policy Lab



Joint
Research
Centre

What is foresight?

Foresight is built on the idea that the future is open—it cannot be predicted, but it can be shaped. It focuses on the medium- to long-term future, uses collective intelligence, and is systematic, participatory, and inclusive. Foresight helps inform decisions and drive joint action today.

Our trainings

This training series equips you with practical foresight skills and competencies:

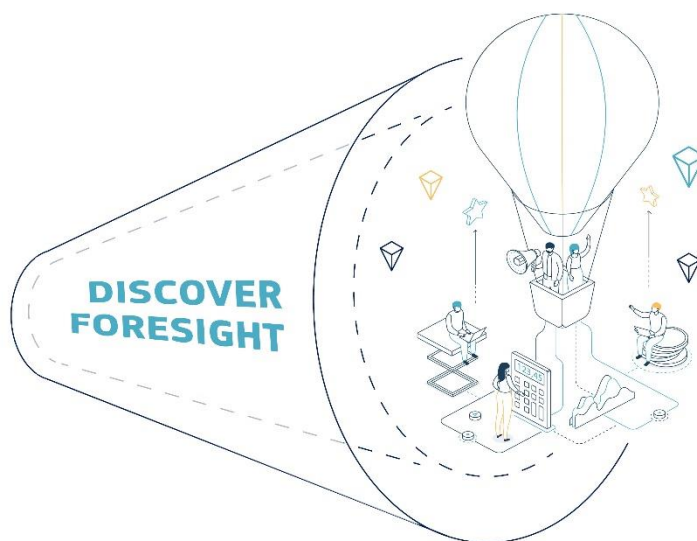
1	DISCOVER FORESIGHT Short sessions to inspire and expand your thinking	<ul style="list-style-type: none">→ Foresight talks→ Futures insights→ Futures garden→ Futures literacy lab→ Future forward→ Strategic Foresight Fast Track (Coming soon)→ Leading like a futurist
2	FORESIGHT IN PRACTICE Start with the basics, explore approaches, or dive into advanced tools	<ul style="list-style-type: none">→ Introduction to strategic foresight→ Strategic foresight in the Commission→ Foresight in Better Regulation→ In-depth tools (Horizon scanning & trend analysis; Megatrends tool, Scenario planning, Visioning (coming soon); Delphi survey tool, Scenario Exploration System, FutureGov game)
3	FORESIGHT COACHING Tailored sessions to address your specific needs and recommend the best tools and methods	<ul style="list-style-type: none">→ Meet and greet with strategic foresight→ Launch and lead: foresight process coaching
+	FORESIGHT & FUTURE STUDIES RESOURCES	<ul style="list-style-type: none">→ Recommended reading and links to the foresight related knowledge across the EU institutions

Any question?

Just contact us: jrc-foresight@ec.europa.eu

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DISCOVER FORESIGHT



→ **Foresight talks**

Insights from invited foresight practitioners and experts (For more info and dates check out [EU LEARN](#))

The recording of previous sessions can be found [here](#).

→ **Futures insights**

New signals of change popping-up on the horizon (For more info and dates check out [EU LEARN](#))

The recording of previous sessions can be found [here](#).

→ **Future Forward – Explore the Future**

A self-paced crash course on the basics of foresight for educators, parents, young people or anyone curious about the future.

This course is co-developed by the European Commission and TED-ED.

Follow the course [HERE](#).

→ **Futures garden - Experiment with the Future**

Interactive sessions to explore how speculative thinking and design artefacts can help shape EU policies. [EU LEARN](#)

→ **Futures literacy lab**

An in-person session where participants challenge the limits of their futures thinking and acquire competences to expand beyond them. [EU LEARN](#)

→ **Strategic Foresight Fast Track (Coming soon)**

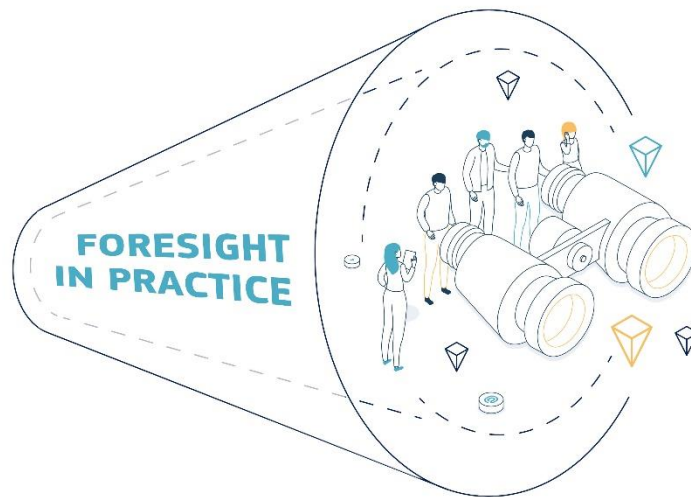
Introduction to strategic foresight and its value for policy making. The recording will be available [here](#).

→ **Leading like a futurist**

A self-paced course on the future-centred thinking by Lisa Kay Solomon—an expert on leadership, futures, and design thinking. [EU LEARN](#)

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FORESIGHT IN PRACTICE



→ **Introduction to strategic foresight**

Get to know the basics of strategic foresight (For more info and dates check out [EU LEARN](#))

→ **Strategic foresight in the Commission**

Experience foresight in the policy-making context (For more info and dates check out [EU LEARN](#))

→ **Foresight in better regulation**

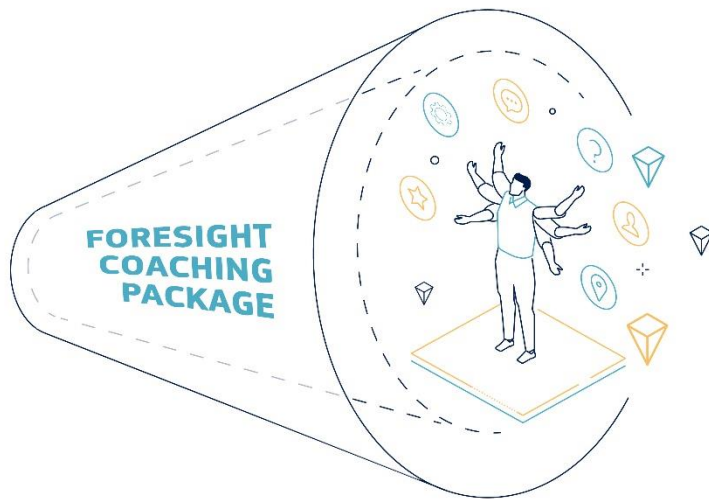
Introduction to future-proofing of your legislative work through the application of strategic foresight in impact assessments, evaluations and fitness checks (For more info and dates check out [EU LEARN](#)).

→ **In-depth on demand tools**

Dig deeper into foresight methods & tools: [Horizon scanning & trend analysis](#), [Megatrends engagement tool](#), [Scenario planning](#), Visioning (coming soon), [Scenario exploration system](#), [Delphi survey tool](#), and the [FutureGov Game](#).

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FORESIGHT COACHING



→ **Meet and greet with strategic foresight**

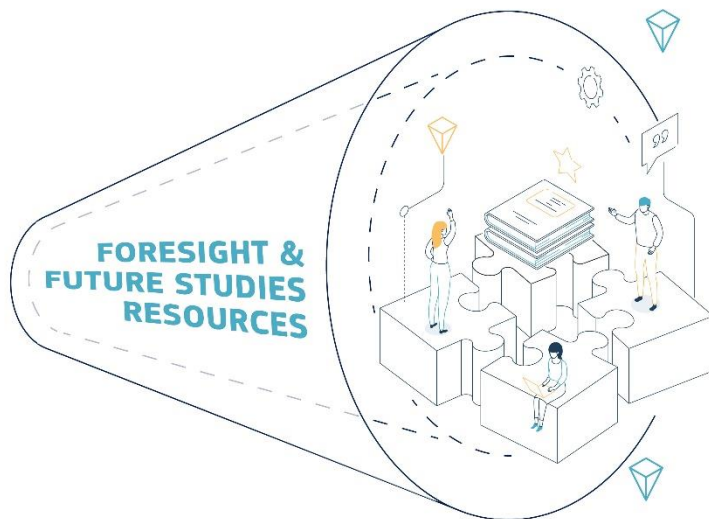
An on-demand session for managers and senior managers at the European Commission who need some guidance on using foresight. [EU LEARN](#)

→ **Launch and lead: foresight process coaching**

A coaching session to help 'futurise' your project or set up a foresight process from scratch. [EU LEARN](#)

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FORESIGHT & FUTURE STUDIES RESOURCES



→ **Recommended reading and links to the foresight related knowledge across the EU institutions**

Check out the [EC library guide on Future Studies and Foresight](#) for the list of recommended articles, books, reports, and the links to the foresight activity across the EU institutions.