Workshops vs Seminars (vsdiff.com)

Feature	Workshops	Seminars
Definition	Hands-on training and interactive sessions focused on skill-building.	Formal presentations on specific topics, typically led by experts.
Interaction Level	High; participants actively engage in discussions and activities.	Low; primarily a one-way communication from speaker to audience.
Duration	Usually longer, ranging from a few hours to several days.	Typically shorter, often a few hours to a full day.
Objective	To develop specific skills through practical application.	To inform or educate attendees on a specific subject.
Target Audience	Individuals seeking to learn new skills in a hands-on format.	Participants looking for insights on specific topics from industry leaders.

Source: https://vsdiff.com/workshops-vs-seminars/