

Story of Self Breakout Session

Goals:

- Practice telling your story of self and get constructive feedback
- Learn to draw out and coach the stories of others

Total Time: 45 minutes

1.	Gather in your team. Choose a time keeper. Read the directions.	2 minutes
2.	Take some time as an individual to silently develop your Story of Self. Use the worksheet that follows.	10 minutes
3.	As a team, go around the group and tell your story one by one. For each person: <ul style="list-style-type: none">- 2 minutes to tell your story- 3 minutes of coaching from the group What values did the storyteller convey? How specifically? What is the Challenge, Choice and Outcome in the story? Write them in the boxes on the worksheet that follows. Were there sections of the story that had especially good details or images (sights, smells, sounds, or emotions of the moment)? How did those details make you feel? What could the storyteller do to more effectively convey why they are called to support this policy?	30 minutes
4.	On a piece of paper, nominate one person from your group who ought to receive coaching from the whole group.	3 minutes

Worksheet - Developing your advocacy story

Before you tell you choose which story to tell, think of these questions:

- What will I be calling on others to do?
- What values move me to take action might also inspire others to similar action?
- What stories can I tell from my own life about specific people or events that would show (rather than tell) how I learned or acted on those values?

What are the experiences in your life that have shaped the values that call you to action?

Family and Childhood	Life Choices	Other Experiences
Parents/Family Growing Up Your Community Role Models School	School Career Partner/Family Hobbies/Interests/Talents Faith Overcoming a Challenge	Specific Students Aha moments

Think about the challenge, choice and outcome in your story. The outcome might be what you've learned, in addition to what happened. A story doesn't have to be dramatic to be effective!

Use the boxes below to illustrate your challenge, choice and outcome. You can use it to take notes, but also consider drawing pictures.

Challenge	Choice	Outcome

Storytelling - Coaching Tips

Remember to balance both positive and constructively critical coaching. The purpose of coaching is to listen to the way stories are told and think of ways that the storytelling could be improved.

DON'T simply offer vague “feel good” comments. (“That was a really great story!”)

DO coach each other on the following points:

- **THE CHALLENGE:** What were the specific challenges the storyteller faced? Did the storyteller paint a vivid picture of those challenges?

“When you described _____, I got a clear picture of the challenge.”

“I understood the challenge to be _____. Is that what you intended?”

- **The CHOICE:** Was there a clear choice that was made in response to each challenge? How did the choice make you feel? (Hopeful? Angry?)

“To me, the choice you made was _____, and it made me feel _____.”

“It would be helpful if you focused on the moment you made a choice.”

- **THE OUTCOME:** What was the specific outcome that resulted from each choice? What does that outcome teach us?

“I understood the outcome was _____, and it teaches me _____. But how does it relate to your work now?”

- **THE VALUES:** Could you identify what this person’s values are and where they came from? How? How did the story make you feel?

“Your story made me feel _____ because _____.”

“It’s clear from your story that you value _____; but it could be even clearer if you told a story about where that value comes from.”

- **DETAILS:** Were there sections of the story that had especially good details or images (e.g. sights, sounds smells, or emotions of the moment)?

“The image of _____ really helped me identify with what you were feeling.”

“Try telling more details about _____ so we can imagine what you were experiencing.”

