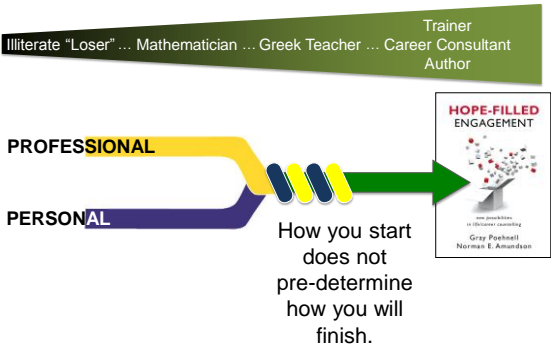


A BETTER STORY

SVERIGES VÄGLEDARFÖRENING

Stockholm
28 oktober 2016

Gray Poehnell
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www.ergoncommunications.com



CAREER

is about you,
is about your world and your part in it,
is about your journey in this world,
is about crafting the life you really want to live
on your journey in this world.

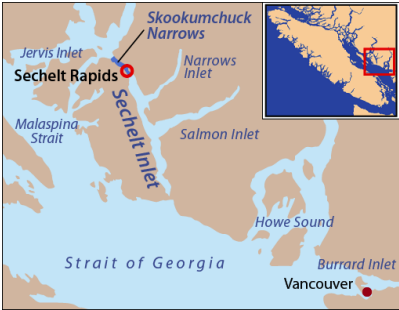
is about crafting a better story

A BETTER STORY

more than
A BETTER LIFE!

A Better Experience
of Life!

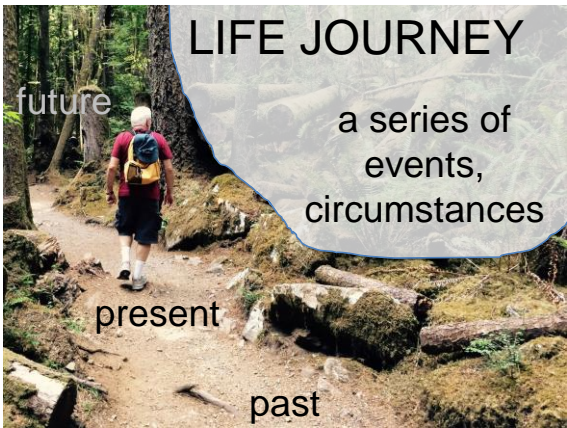
Skookumchuck Narrows Provincial Park



“Skookumchuck” is a Chinook name meaning turbulent water or rapid torrent.







LIFE JOURNEY

a series of events, circumstances

future

present

past

A BETTER LIFE

a CHANGE of events, circumstances

job/career
things
money
power
status
beauty
health
...

A BETTER LIFE

a CHANGE of events, circumstances

time
relationships
spirituality
luck
understanding
justice
past
...

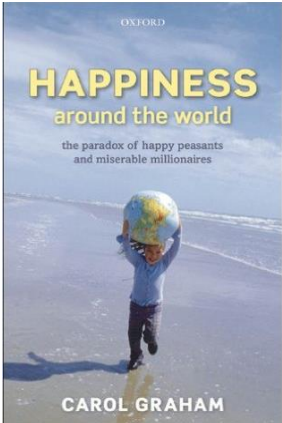
"If things were different, I could have a better life"

A BETTER LIFE

BUT Chaos Theory: I can't control everything

BUT I can have it "all" yet still be unsatisfied

a CHANGE in
events,
circumstances



We are more than our circumstances!

events
circumstances

**OUTER
STORY**

We are more than our circumstances!

INNER
STORY

OUTER
STORY

INNER
STORY

My story is more
than a list of facts;
it includes
my perceptions
of what has
happened,
and the way I try
to make sense of life.




the story I tell
myself
about my life
becomes
the lens
through which
I view my life
and choose my life



Something may
happen to me,
but it is the story
in my head
that will determine
how I will
experience it.

Everything can be taken from a man but one thing: the last of the human freedoms —to choose one's attitude in any given set of circumstances, to choose one's own way.



Viktor F. Frankl,
Man's Search for Meaning

A BETTER STORY

more than
A Better life

A Better Experience
of Life!

A BETTER STORY



I may not be able to fully control
my life circumstances,
but I can create a better story

A BETTER STORY

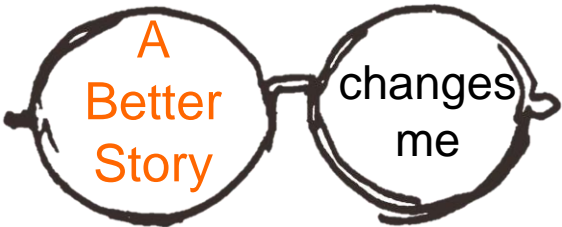


The ideal would be to change my inner story
to better equip myself
to change what I can in my circumstances,

A BETTER STORY



but when all else fails,
just changing my story can make
a profound difference.



“When we are no longer able
to change a situation,
we are challenged to change ourselves.”

- Viktor F. Frankl, Man's Search for Meaning

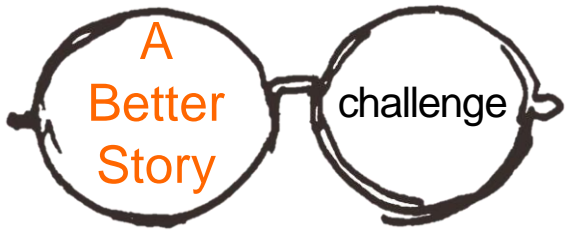


Creating a new story
by which you can live your life ...
is the act of ordering the chaos of the past,
assigning meaning
through the narrative process,
and simultaneously creating a truth
you can carry into the future,
upon which you can base future choices.

- Steven Crandell, Defining Yourself: What's Your Life Story?,
<http://www.huffingtonpost.com>

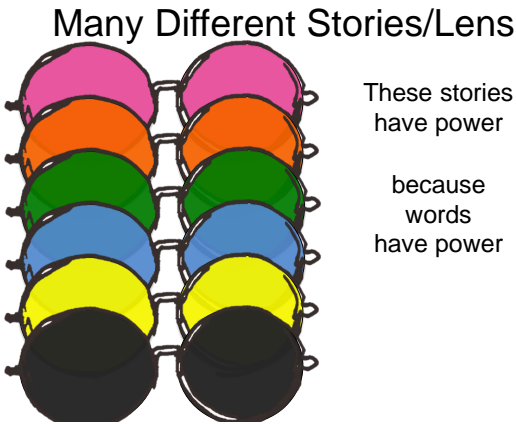








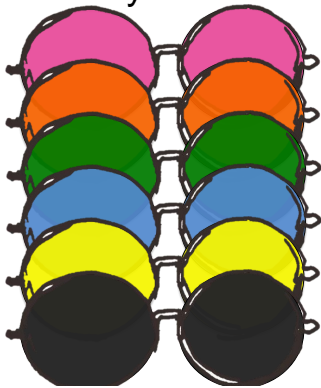




These stories
have power

because
words
have power

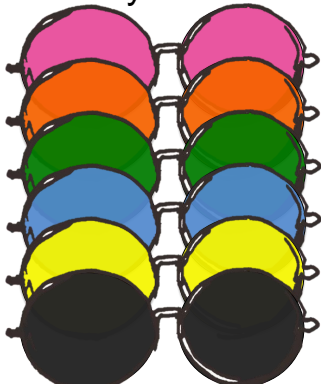
Many Different Stories/Lens



These stories
have power

Reckless words
pierce like a sword,
but the tongue
of the wise
brings healing
Prov. 12:18 (NIV)

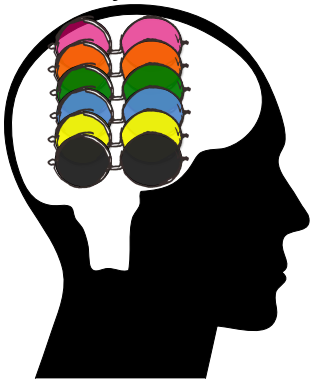
Many Different Stories/Lens



These stories
have power

to heal or to hurt
to help or to hinder
to clarify or to confuse
to encourage
or to discourage
and so much more

Many Different Stories/Lens



Which stories are
in my head/life?

Many Different Stories/Lens



The stories
I listen to
will influence
the story
I tell myself

Many Different Stories/Lens



The next steps
I choose
on my journey,
will be profoundly
influenced
by the story
I tell myself
and others.

Many Different Stories/Lens



How do I know
which stories
to listen to?

Many Different Stories/Lens



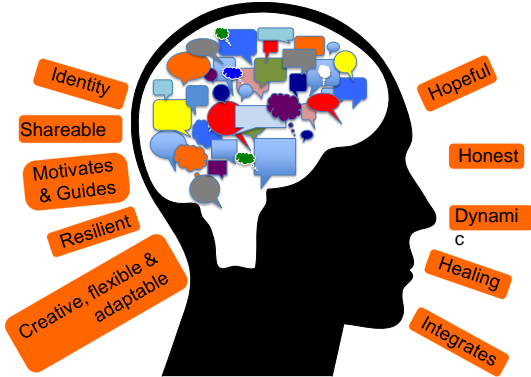
All stories go
somewhere.

The stories I choose
will be the stories
I follow.

Which story
will take me
where I really
want to go?



My Criteria for a Better Story





CRAFTING A BETTER STORY



CRAFTING A BETTER STORY



To own my story
I must hear my story.

Challenges to hearing my story

story clutter

My story is connected
to countless stories around me.

Challenges to hearing my story

story clutter

My story is connected
to countless stories around me.

(a cacophony or a symphony)

Whose voice do I listen to?

Challenges to hearing my story

story clutter
the first story

Beware of the first story!
often
unchosen
unconscious
unfocused

Challenges to hearing my story

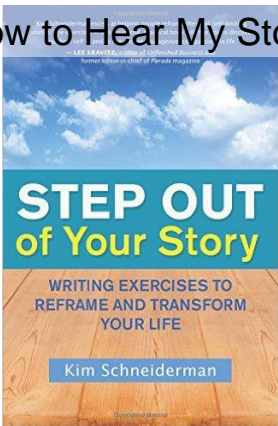
- story clutter
- the first story
- unrecognized story

Unrecognized stories can have great power & influence because they can't be challenged or claimed.



“the strange and bewildering tale of a hero who has yet to enter his own story”

How to Hear My Story





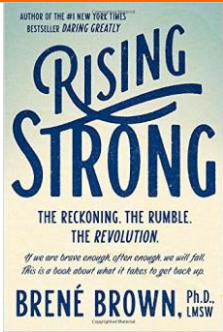


CRAFTING A BETTER STORY



I own my story
when I take responsibility for all my story

We own our stories



We own our stories
so we don't spend our lives
being defined by them
or denying them.

- Brené Brown, Rising Strong

We own our stories
so we don't spend our lives
being defined by them
or denying them.

And while the journey is long
and difficult at times,
it is the path
to living a more wholehearted life.

- Brené Brown, Rising Strong

I can't always control my outer story



But I can and should create
my inner story

I own my stories

When I integrate
all my story,
good & bad
& ugly.



Antoine Leiris
Tribute to his wife killed in the Paris attacks

“... On Friday night you took
the life of someone exceptional,
the love of my life,
the mother of my son,
but I will not hate you. ...

Antoine Leiris
Tribute to his wife killed in the Paris attacks

“... **I will not give you the gift of hate.**

Even though it is what you were hoping for,
 responding to hatred with anger
would be to fall to the same ignorance
that made you the people that you are.

Antoine Leiris
Tribute to his wife killed in the Paris attacks

“You want me to be scared,
 to distrust my fellow citizens,
and to sacrifice my liberty for security.
 I will play on.”

CRAFTING A BETTER STORY



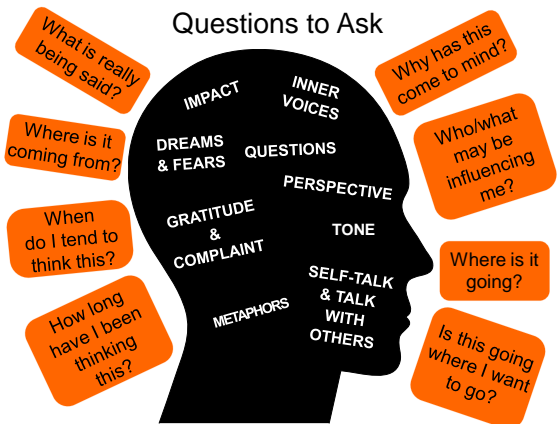
CRAFTING A BETTER STORY



Take It Apart



Questions to Ask



Is this going where I want to go?



Many Different Stories/Lens

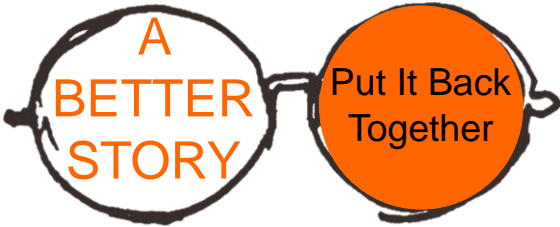


Which story
will take me
where I really
want to go?

CRAFTING A BETTER STORY

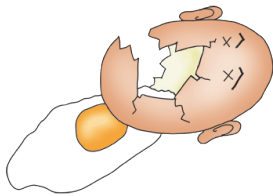


CRAFTING A BETTER STORY





does being taken apart
necessarily lead
to crafting a better story?



Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.
All the king's horses and all the king's men
Couldn't put Humpty together again

What if
my life is taken apart
by trauma?

a seismic event
= a trauma that shakes you to your core.

PTSD

post-traumatic stress disorder

devastating loss

damaged

broken

a seismic event
= a trauma that shakes you to your core.

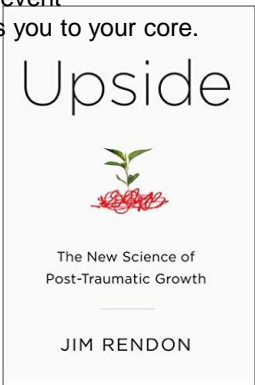
PTSD

post-traumatic stress disorder

devastating loss

damaged

broken



a seismic event
= a trauma that shakes you to your core.

PTSD

post-traumatic stress disorder

PTG

post-traumatic growth

devastating loss

damaged

broken

life-changing opportunity
to change
for the better

to craft a better story

to rebuild your life

traumatic experiences certainly
did cause suffering,
but suffering was not the end of the change
wrought by these events.

- Jim Rendon, Upside: The New Science of Post-Traumatic Growth

Suffering, in fact, was part of
a much larger experience.
It proved to be a kind of catalyst
that pushed people
to find new meaning in their lives.

- Jim Rendon, Upside: The New Science of Post-Traumatic Growth

“The challenge is to see the opportunity
presented by this seismic event.

- Jim Rendon, Upside: The New Science of Post-Traumatic Growth

In the aftermath of the earthquake,
why not build something better?

Don’t just live beneath the rubble,
don’t just build the same crappy building
that you had before,” ...
“I think we can do better than that.”

- Jim Rendon, Upside: The New Science of Post-Traumatic Growth

The Essential Tools for Growth:

- Telling a New Story:
 Why Your Narrative Makes or Breaks Growth
- Relying on Others:
 Community and Support Are Vital for Change
- Expressing Yourself:
 Growth Requires Honest Communication
- Looking for the Positive:
 The Transformative Power of Optimism
- Finding Meaning in Faith:
 The Religious Path to Growth

- Jim Rendon, Upside: The New Science of Post-Traumatic Growth

Challenges to Putting My Story
Back Together

- Apathy
- Victim Mentality
- Fear
- Commitments
- Busyness
- Distractions
- Entertainment
- Comfort
- Don't know what to do
- Life

Karina Hollekim

Professional Base Jumper
Professional Extreme Skier



Karina Hollekim

Professional Base Jumper
Professional Extreme Skier



until a devastating accident in August 2006
when her chute didn't open properly

She crashed into a rock at over 100km/hr:
2 broken knees
Left leg fractured in 4 places
Right leg 21 compound fractures

"Never walk again"

Karina Hollekim

Inspirational Speaker



after 20 surgeries
and years of rehab
(3 years just til she could walk again)
(6 years til she could enjoy skiing again)

-quoted by Jim Rendon
in Upside: The New Science of Post-Traumatic Growth

Karina Hollekim

Inspirational Speaker



*“I realized that my life was
not about life-threatening experiences anymore,”
says Hollekim.
“It was more meaningful and rewarding
and not as selfish.”*

-quoted by Jim Rendon
in Upside: The New Science of Post-Traumatic Growth

Karina Hollekim

Inspirational Speaker



*“I chose my life. And no matter
if I would have to had spent the rest of my life
in that wheelchair,
I wouldn’t have regretted it.”*

- Life Beyond Fear, TEDx talk

Karina Hollekim

Inspirational Speaker



*“It sure helps,
but it’s not necessary to crash skydiving
in order to take action
in your life.”*

- Life Beyond Fear, TEDx talk

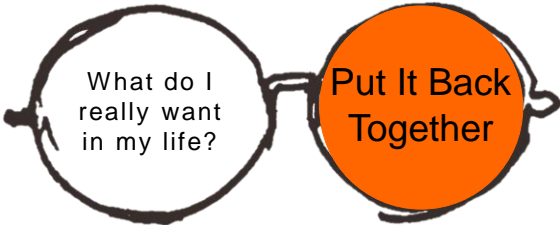
What is it going to take
for me
to take the action
I know
I need to take?

First Step



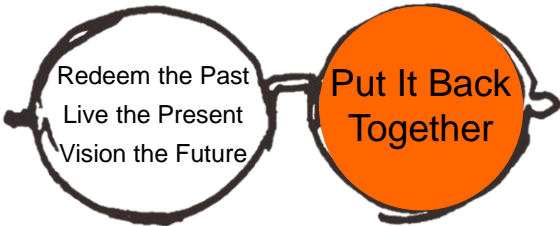
Thinking
and
Choosing

First Step



Thinking
and
Choosing

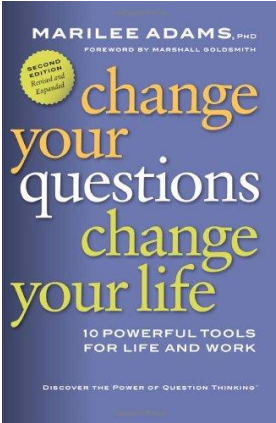
First Step



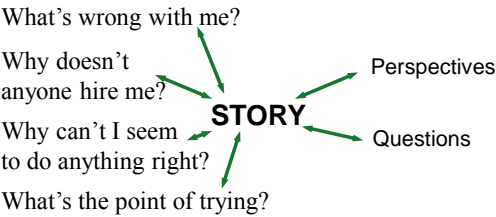
Thinking
and
Choosing

Put it back together
involves knowing
what to toss
what to keep & repurpose

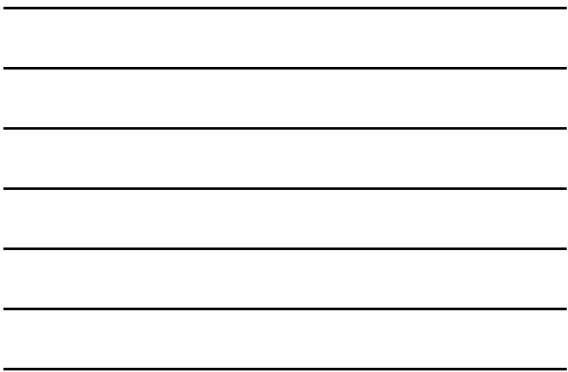
Put it back together
often involves knowing
changing your perspectives
and your questions

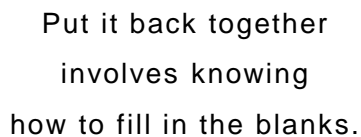


Change the questions



Change the perspectives





REALITY

There is so much
in life
that we don't understand
or have control over.

MY PERCEPTION OF
REALITY

REALITY

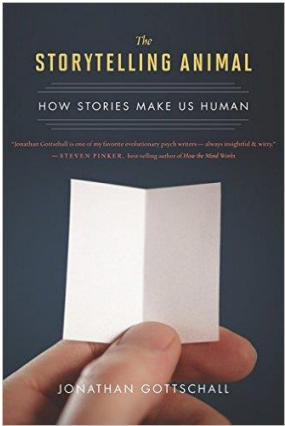
What we do
with the blanks
is crucial
to crafting
a better story.

MY PERCEPTION OF
REALITY

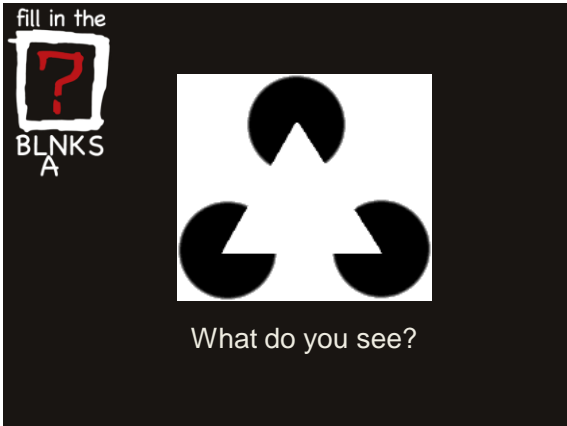
- Consider the following information:
- John was devastated and depressed.
 - Mary moved to another community.
 - Peter saw a career counsellor.

Quick, what were you thinking?

- Adapted from Jonathan Gottschall,
The Storytelling Animal







fill in the

?

BLNKS

A

Who's

He's

Haven't

She's

They're

Would've

contractions

fill in the

?

BLNKS

A

"The brain is

a pattern machine...

<http://www.vividepiphany.com/blog/category/brain-based-coaching/>

fill in the

?

BLNKS

A

"It likes to create patterns

and fit them into

its structure or context.

Whenever your brain encounters

a situation in which it is familiar,

it will fill in the blanks for you.

<http://www.vividepiphany.com/blog/category/brain-based-coaching/>

fill in the



“Good or bad, your decisions,
interpretations and actions
are based
on your thought patterns,
filters and context,
all of which were built
in your past experience.”

<http://www.vividepiphany.com/blog/category/brain-based-coaching/>

fill in the



What kind of a story
do I want?

Every story
goes
somewhere?

Where do
I really want
to go?

fill in the



with those things
that will take my story
where I really want it to go

Every story
goes
somewhere?

Where do
I really want
to go?

fill in the

?

BLNKS

A

with those things
that will take my story
where I really want it to go

We help people
work through
their stories
and find where they
really want to go

fill in the

?

BLNKS

A

We help people
fill in the blanks
through simple, practical
concepts and activities,
such as ...

Information

Connections

Perspectives

Questions

Structure

Purpose

Hope

...

Re-tell My Story

Redeem the Past
Live the Present
Vision the Future

Put It Back
Together

to myself
& to others

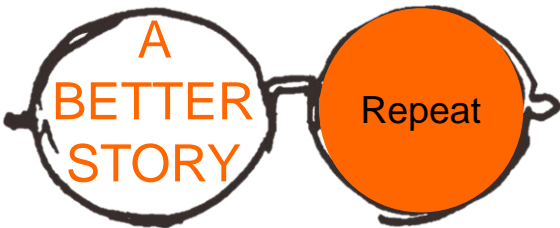
© 2016, Gray Poehnell

38

CRAFTING A BETTER STORY



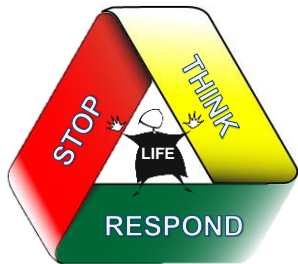
CRAFTING A BETTER STORY



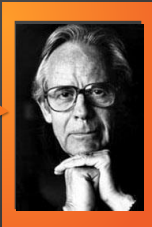
Crafting a Better Story
is
not a one-time experience
but
a life-long journey

a life-long choice

Choice: a three-fold process



"Human freedom involves our capacity to pause between the stimulus and response and, in that pause, to choose the one response toward which we wish to throw our weight."



Rollo May,
The Courage to Change

"The stories we tell
literally make the world.
If you want to change the world,
you need to change your story.
This truth applies
both to individuals and institutions."

- Michael Margolis, CEO of Get Storied,
A School for Storytelling & Innovation

**Start
where you are**

**Start
now**

CRAFTING A BETTER STORY



A BETTER STORY

SVERIGES VÄGLEDARFÖRENING

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28 oktober 2016

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