

Risk, Reflection & Resilience: Storytelling as pedagogy

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HOW ARE YOU?

co-worker

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Springfield



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“Our destinies are opened or closed in terms of the stories that we construct to understand our experiences.”

—H. Goolishian,

We become our stories

Mindsets are stories we tell ourselves about ourselves

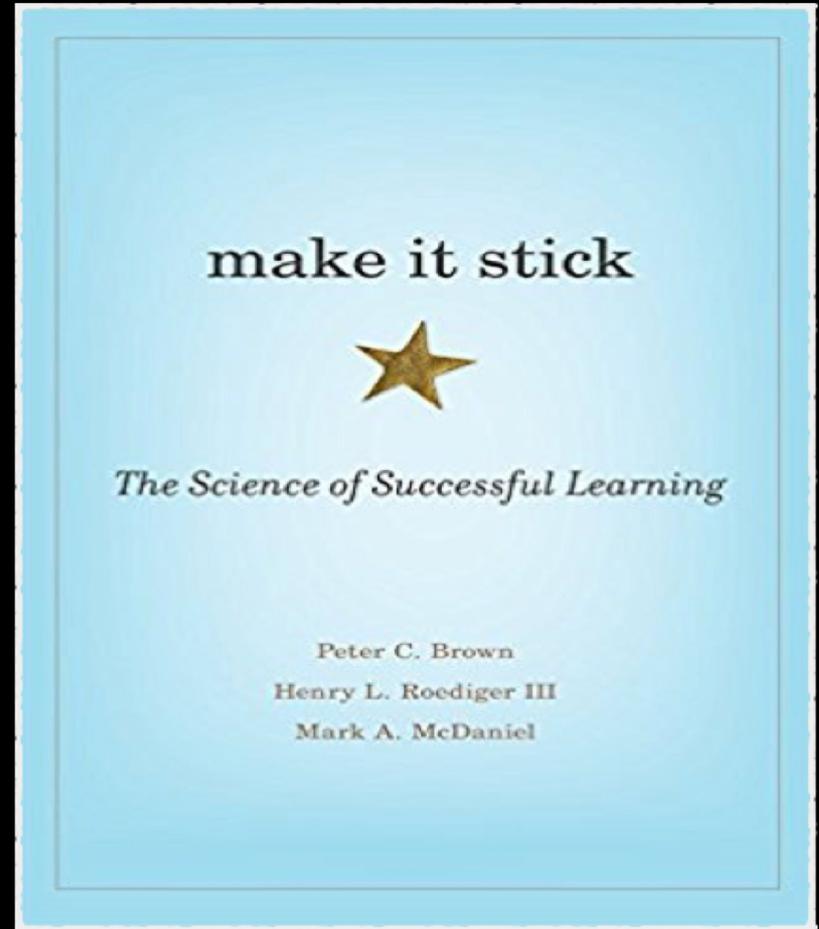
Stoicism:

“There is no good or bad without us, there is only perception. There is the event itself and the story we tell ourselves about what it means.”

— Ryan Holiday, *The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph*

“Narratives provide not only meaning but a mental framework for imbuing future experience with meaning.”

“ In effect, shaping new memories to fit our established constructs of the world and ourselves.”



Resilient Skill: Storytelling

“The confidence that individuals have in their beliefs depends mostly on the quality of the story they can tell about what they see.”

– Daniel Kahneman, *Thinking, Fast and Slow*

Resilient skills developed through storytelling

-gratitude

- optimism

-humor

-the ability to regulate emotions

-ability to see failure as a form of helpful feedback

“Tell a story about a
time you overcame a
challenge”

Facilitator

“Storytelling aids the development of personal
resilience”

(p. 17). And, Randall (2013)

“The process of constructing and re-interpreting
past events was essential to developing
resilience”

(Hildon et al., 2008, p. 738)

Storytelling and Resilience

“narrative reflection” upon that story facilitates a greater sense of irony by affording us an affectionate detachment from our life, intensifying our interior complexity, and thickening our sense of self. As such, it renders us more resilient”

And, Randall (2013)

“Tell me a story of a time
you remained optimistic
despite obvious hardship”

Facilitator

Resilient Skill: Optimism

“Optimism helps blunt the impact of stress on the mind and body in the wake of disturbing experiences.”

Greater access to cognitive resources,

Enables more productive behavioral paths

“Tell me a funny story”

Facilitator

Resilient Skill: Humor

Being able to appreciate and use humor appropriately requires:

Self-acceptance

Self-confidence

Empathy toward others.



“Tell a story about something or someone you’re grateful for”

Facilitator

Resilient Skill: Gratitude

Gratitude enhances well-being

Can be learned

Improves focus

Improves resilience in academic settings

“Pay attention to how you listen to the story of your partner”

Facilitator

“The act of telling another person the stories one holds in private is a powerful way to build resilience”

“Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward, and we want to sit in their radius. When we are listened to, it creates us, makes us unfold and expand.”

- Karl Menninger

“By reflecting on others’ experiences of overcoming adversity, one can apply those insights to their own lives to expand their resilience and connectedness”

Two things are missing from most conversations:

“Curiosity, and a willingness to ask questions to which we
don’t already know the answer”

-Edgar Schein

How did it start?

Empathy vs. Sympathy

...

“Empathy fuels connection. Sympathy drives disconnection.”

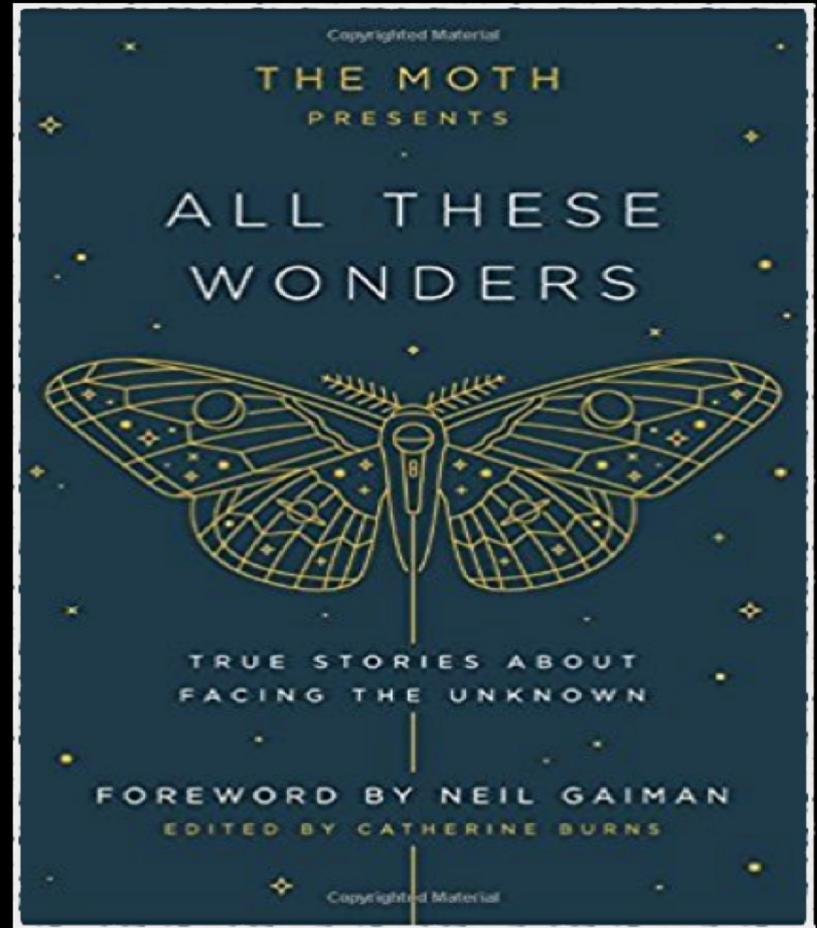
– Dr. Brené Brown

“If we can share our story with someone who responds with empathy and understanding, shame can't survive.”

— Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*

**“The gulf that exists
between us...is that when
we look at each other we
might see faces...but we
don't see, we can't see, the
stories.”**

-Neil Gaiman



“Stories need shape”

Science

Story Spine

1. Situation: “So there I was...”
2. Challenge: “They wanted...but...”
3. Action: “And so...”
4. Result: “Until Finally...”
5. Connection: “And that’s why..”

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