

# Focus on...

## PERSONAL STORY

### **Use personal story to reconnect with your organisation's values.**

Encourage your staff to reconnect with your organisation's values by sharing a personal story that demonstrates one of the organisation's values.

Ask staff members to choose one of your organisation's values that means the most to them and share a personal story that typifies the chosen value.

The stories that resonate most with audiences are when speakers are not afraid to be vulnerable and share something of themselves that they may not otherwise.

The event or personal story shared may have shaped (or reshaped) their view of the value, profoundly impacting their behaviour or practice.

The story can be a personal or work-life observation and no longer than 5 minutes.

### **Why share a personal story?**

By sharing personal stories, we can connect more deeply with the values that guide our behaviours which is at the heart of why we work where we do. Personal stories can provide an opportunity to engage in reflective practice – looking back on a situation from a more objective viewpoint to seek further understanding.

Sharing personal stories can help increase self-awareness and evoke empathy and understanding in others.