



NAME OF EXERCISE	STORY SHARING		
SOURCE	This exercise is based on the Presencing Institute exercise of the same name (https://www.u-school.org/story-sharing). The Game of Change project team adapted this exercise for the Game of Change.		
USE IN GAME-PHASE	Getting into the game	During the game	
DURATION	20 - 45 min, depends on the number of participants		
PARTICIPANTS	All participants in the group; division of the whole group into small groups of 2-3 persons		
PURPOSE	By sharing personal stories and listening attentively, access to one's own feelings and the connection to others and to the topic of change is strengthened. This connection is essential for the Game of Change and supports the co-creation of the shared story as well as an enjoyable implementation phase.		
SHORT SUMMARY	In this exercise, participants work in small groups to tell personal, meaningful stories that have changed their self-perception in some way. The listeners take in the stories with an open mind and heart. The group then reflects together, creating a common field that is named and made conscious.		
LifeComp - Competences	P1 – Self-regulation P2 - Flexibility P3 – Wellbeing	S1 - Empathy S2 - Communication S3 - Collaboration	L1 – Growth Mindset L3 – Managing Learning
USES & OUTCOMES	● Deepening the connection between the participants ● Immerse yourself in the topic of change in a positive way ● Experiencing what it feels like to receive unrestricted attention ● Listening to the stories of others can deepen the understanding of one's own story ● Story sharing forms a good basis for further collaboration in the group throughout the Game of Change process		
ROOM REQUIREMENTS	The room should be - quiet, no disturbances from outside - large enough so that the small groups can exchange ideas without tables between them		
PREPARATION / MATERIALS	Material: Write the reflection questions from step 4 on a flip chart poster.		



INTRODUCTION	We all have our own story or stories - these stories form the basis of how we perceive and define ourselves. In every course of life there are breaks, special events, unpleasant or pleasant experiences. This exercise is about these stories - especially stories that have changed us. Participants should be made aware that these shared stories should be meaningful for the individual and appropriate for the context of this group (it is not a therapy setting). Brief description of the process of the exercise. Principles ● As a trainer, provide a safe framework (clear structure, clear topic) and a safe space (no outside interference) ● Invite them to immerse themselves in the particularities of the other participants while sharing the stories ● Listen with an open mind and an open heart
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SEQUENCE OF STEPS – DESCRIPTION	
STEP 1 (5 MIN)	The group is divided into groups of 2 or 3 people. Preferably, persons who do not yet know each other very well should get together. The roles are briefly introduced: Storyteller: Share a personal story that has brought about a change in your life and how this change has affected your personality, behaviour, experience. It can be, for example, an event, a disruption, an opening, a letting go that has deepened the understanding of who you really are. Listeners: Listen with an open heart and an open mind (if these terms are not yet known, this should be briefly described). If you feel judgment or cynicism rising while listening, you should consciously return your attention to open, benevolent listening. If a story of your own comes up while listening, it would be good for the overall process to select it for telling (if you have not yet shared your story). The narrator is not interrupted during their story. There is room for comments or reactions in the reflection phase.
STEP 2 (3-5 MIN)	The participants have 3-5 minutes to prepare for the storytelling. If there is enough space, they can also be invited to move around. Another option would be to invite them to write for 2 minutes without thinking (see journaling exercise) and use the remaining time to select the story. The trainer gives time signals.
STEP 3 (5 - 10 MIN PER ROUND)	The small groups decide for themselves who will start the storytelling. The trainer gives the start signal for the first round. We recommend 5-10 minutes per person. After this time, the trainer gives the signal to change the storyteller. Each person should be the storyteller once.
STEP 4 (APPROX. 2 MIN PER ROUND)	Reflection in the small group Questions: What moved or touched me while telling the story? What moved or touched me while listening? Did something change in me as a result of telling or listening? Or did it change my view of my story/of myself? What did I notice about change as a result of telling or listening? Where do I see similarities or differences? The participants are given a few minutes to collect for themselves. Exchange (5-10 minutes) about the answers in the small group. All participants should have their say (as equally as possible). The trainer asks the small groups to agree together on the key aspects of the topic of change (similarities, differences, remarkable aspects) that have become visible in this exercise and to decide by whom and how this will be communicated to the whole group in the next step. Duration approximately 5 minutes. We recommend that this step is only communicated immediately before it is carried out so that the reflection time is actually dedicated to reflection. The trainer gives time signals.



STEP 5 (MAX. 15 MIN.)	Return to the plenary. Each group shares the key aspects of the topic of change (similarities, differences, noteworthy points). Duration depends on the size of the group - max. 3 minutes per group, max. 15 minutes in total.
REFLECTION	Steps 4 and 5 count as reflection
TIPPS	As a trainer, name the common field that is created while the stories are shared. This helps to make the connection between the participants conscious and thereby deepen it.