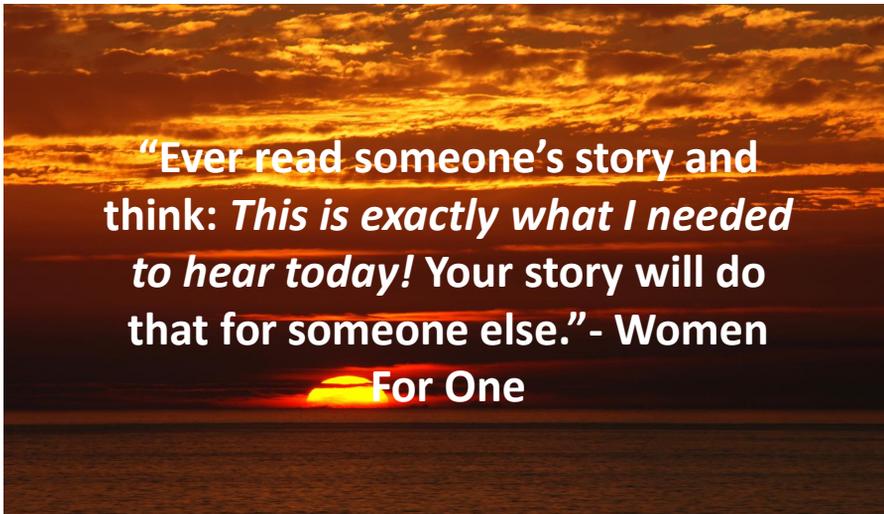


SHARING YOUR STORY



WHAT IS THIS SKILL?

Sharing your story is the skill of speaking to people about your past experiences, encounters and life stories; both the good and bad. It can include what you have learnt from past experiences, your opinions on things that have happened to you and your emotions.

Sharing your story can help you connect with people who have had similar life experiences to you. These connections can be extremely valuable. However, you don't always have to share everything about yourself with every single person you meet in order to have connections with people. In fact, having boundaries when sharing your story is very important. This challenge sheet will discuss more about the benefits of sharing your story, how to share your story, and it will highlight the importance of being cautious with how much you share.

ARE YOU UP FOR THE CHALLENGE TO DEVELOP SKILLS IN SHARING YOUR STORY?

 PROBLEM SOLVING Rate yourself						
	1 Not great	2 Need help	3 OK	4 Improving	5 Mastering	
<input type="checkbox"/> Sharing your story	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

To begin, rate yourself on how strong your ability is on sharing your story



‘Inside every human is a story worth sharing. What’s your story?’- Lynda Cheldelin Fell



WHY THIS SKILL IS VITAL FOR WORK



In our digital world, it sometimes feels like knowing how to work behind a computer all day is the only important thing to learn in the world of business. It can seem like there is less and less of a need to interact with other people in the workplace. However, this is far from reality. In the workplace, there are many tasks that involve social and interpersonal skills for which sharing your story becomes an essential skill. Sharing your story allows you to find common ground with other people, whether this be work colleagues or clients. See more in the examples on the next page...

Example 1:

You apply for a job role that you know primarily involves working at an office or working remotely. You know from the job description that the work involves digital tasks that you can do from your laptop. However, when you start the interview process, you realise that a lot of the role involves client-facing tasks. This starts to make you think that you need to learn how to practice your social skills, and learn how to understand other people better in order to meet the needs of clients.

Understanding different people and how their needs are met is essential in client-facing work, and can be achieved through sharing your story. This is because when you share your story, it encourages other people to share theirs. Through sharing your story with people you meet on a daily basis, you can begin to understand other people's cultures better, the variety of different opinions that exist on certain topics, how people have dealt with their life experiences, what makes them happy or sad. This knowledge will help you conduct client-facing work more successfully in future; by having a general understanding of other people, their needs and how to communicate with people.



What kinds of skills do you think that you will need to help you to build confidence to share your story with others?

Example 2:

If your job involves customer service skills, such as for hospitality or retail roles, sharing your story can be an essential skill to help you perform at your best in the role.

This works in a similar way to the previous example because sharing your story allows you gain more social skills, understand the needs of other people, and how to converse and connect with people on the shop floor. This can allow you to adapt how you act, and the kinds of products you recommend to people based on what you understand about the kind of person they are. Ultimately, all of these skills will help you to reach sales targets and impress your manager.



HOW THIS SKILL IS RELEVANT TO MY PERSONAL LIFE

When you share your life stories, your travel stories, your home life, and your positive and negative experiences, it can help you to connect with other people who may have had similar experiences. An advantage of this is that it enables you to get closer to people. In addition, it helps you learn from other people and possible mistakes that they have made in their lives.

Sharing your story also allows you to understand yourself more. This is because when you share your stories with other people, such as friends, you connect with them in ways that you may not have thought could happen if you previously had put up boundaries to sharing your story. Learning that you can connect with people through sharing your life experiences can teach you things about the way you handle relationships, friendships and relationships with your family members.



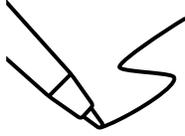
How can I master this skill?



Step 1	<p>Think about the boundaries that you already have that may be stopping you from sharing your story. Maybe you want to be more open with other people about your experiences, but there are thoughts and worries stopping you from doing that. This step involves thinking about whether these boundaries that you have actually help you and make you happier, or if they are holding you back.</p>
Step 2	<p>Remember that certain boundaries are beneficial when sharing your story. For example, you may later regret telling people you've just met about deep emotions or deeply sad experiences that you've had. The value of sharing your story is doing so if you are comfortable, and it's important not to share too much with people that you have bad gut feeling about. Sharing your personal life stories and emotions can be important, but it isn't something that you should feel forced to do.</p>
Step 3	<p>Think about all of your life experiences, and all possible ones that you want to share with other people. Think about the benefits of sharing your story from what you've read so far on this challenge sheet. List some more benefits in your mind and write them down.</p>
Step 4	<p>Think about situations in the past when you've felt like you've wanted to share a story with someone but you decided not to. Make it an intention to decide that if a similar situation comes up again, you will try to share a part of your story with someone, even if it isn't your whole life story.</p>
Step 5	<p>After sharing your story from step 4, think of different things you could share with someone else. Even if it didn't feel good to share your story the first time, it doesn't mean that talking about other parts of your experiences will be the same. Maybe you shared your story with the wrong person. Keep sharing your story with other people in different ways and notice how much it enriches your life, and enables you to help and learn from others.</p>



The Facework Skill Challenge



Think of three key moments or three key stories in your life that have made you feel your happiest, or taught you the most about yourself. Write them down below:

1:

2:

3:

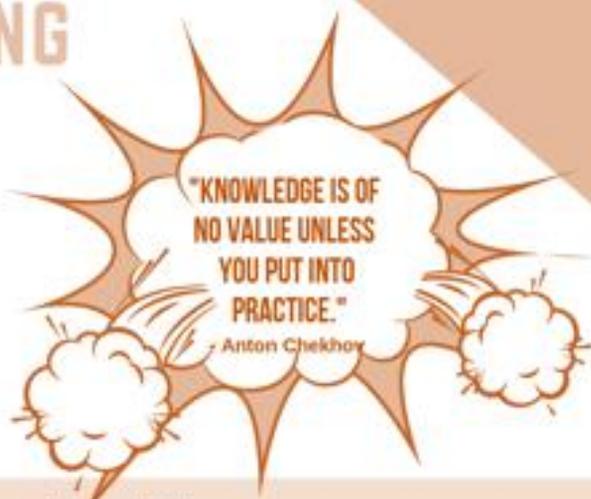
Tell these things to someone you trust. Doing this will help see you see the benefits of sharing your story, without worrying about saying it to someone you can't trust. After seeing the benefits, sharing your story will become a habit. This habit will allow you to see an advance in your social skills, as well as an advance in how much you will learn about yourself and others.



How would you now rate your skills in sharing your story?

 PROBLEM SOLVING Rate yourself						
	1 Not great	2 Need help	3 OK	4 Improving	5 Mastering	
Thinking critically	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

LEARNING BY DOING



1. To continue Getting Better at Relating to Others what am I going to



stop doing?

continue doing?

start doing?

2. Who is going to help me keep on track?

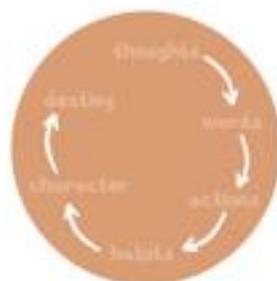
.....

3. How will I see the difference?

one week

one month

one year.....



4. Who will I share my knowledge of this skill with?



.....



5. Which Character Strengths will I need? Highlight them below!

Appreciating Others	Bravery	Creativity	Curiosity	Fairness	Forgiveness	Gratitude	Honesty
Hope	Humility	Humour	Judgement	Kindness	Leadership	Love	Love of Learning
Perseverance	Perspective	Prudence	Self Regulation	Social Intelligence	Spirituality	Teamwork	Zest

Learn more about Character Strengths at www.facework.online

6. What would you change, add or remove to improve this worksheet ?

send suggestions to info@facework.online