

The Choice Connection

- STORYTELLING - You Are the Author of Your Story -

Constructive Choices, Inc.
Discover and acknowledge your strengths...



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STORYTELLING - You Are the Author of Your Story

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Highlights

In the next quarter we are into a new topic - Storytelling and you being the author of your own story. I hope you enjoyed the new format presented in the first three months and that you found the discussion, sampling of resources and tools and the reflection to be worthwhile reads. Stories - we hear them, we write them, we live them. We are not only the authors of our stories, we also own them. We choose the paths, make the decisions and live with the consequences - sometimes with laughter and other times with tears. Here's to an exploration of your story, thus far...

Quotable Quotes

"We all live in suspense, from day to day, from hour to hour; in other words, we are the hero of our own story."
~ Mary McCarthy

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."
~ William James

STORYTELLING - You Are the Author of Your Story

Eye on the Road

"I'm driving on the expressway one winter night. Suddenly my car starts to skid. I slam on the breaks - that makes things worse. Sliding sideways across the highway, barreling right for the divider, I lose control of the car. I start to panic.



Then in a flash, I remember something I'd heard a motivational speaker once say. That guy, Anthony Robbins. Someone had given me a tape. *Did you ever wonder why so many cars involved in accidents wind up crashing into trees or lampposts? It's because the driver is aiming not to hit them.*

The road's slippery, and the snow's making it worse. My hands grip the wheel tighter. For a second, I'm blinded by the zigzag of oncoming headlights, and I can't see where I'm heading. This is bad.

You cannot not aim toward something, because by thinking about not hitting it, you're actually thinking about it. And that makes it more likely that you'll hit it.

The car's now tail-spinning. I'm definitely going to crash. *You can't aim for avoiding the negative. You've got to aim for the positive!*

Bingo. I train my eyes on the other side of the highway and point

Quick Links

Newsletter Archives

CCI Web Site

About Jean and CCI

The Choice Store

Articles & Workshops

Complimentary Coaching Intro

Contact Jean

Tools/Resources

Books

1. A Bend in the Road Is Not the End of the Road
- Joan Lunden

2. Your Turn!The Right Words at the Right Time, Volume 2
- Marlo Thomas

Web Sites

1. Leadership Stories and Storytelling

2. Articles and tips for storytelling -

<http://www.storyteller.net/>

Administrivia

My Constructive Choices Audience...

* Professionals wanting to be at choice in their career and daily work

* New Managers (and aspiring leaders) transitioning to establish a leadership role in their communities

* Individuals wanting to sort through the choices, build a more fulfilling life, lift their voices, and...

my car at the clear lane. The back tires take hold, and the steering snaps into action. Fro the first time the car's doing what I 'm telling it to. I head straight for the shoulder of the road and slide onto it, my foot riding the brake. Suddenly everything stops moving. I put the car in park, catch my breath, and take a look around.

I hadn't hit a tree, or a lamppost, or anyone else's car. I was safe.

When I think back to that snowy light, I don't even bother trying to figure out why I heard Anthony Robbins's words in the middle of a car wreck. Life is weird, I guess. But I did learn a big lesson behind the wheel of that careening car: instead of thinking about avoiding failure, think about aiming for success.

I had aimed my car to a safe place, rather than trying to avoid a crash. Not a bad credo for life.

Aim for the positive. And, oh, yeah - while you're at it, buckle up."

- by Zev Saftlas as told in *The Right Words at the Right Time*

What stories we all have! And what lessons of life we have wrapped up in them. Our stories offer such a collective wisdom of our years of living. And then there are those moments in life that I refer to as defining moments - those moments embedded with choices that define a new path. Life does have a great way of happening right before our eyes.

I attended a great session on story-based communication skills a few years ago and came away with a deeper understanding of the power of our stories. Terrence Gargiulo, the presenter, shares a model where storytelling skills begin with the CORE that requires us to hone our skills of eliciting, listening and observing. In the next piece of his model he speaks to the PROCESS set of skills, those skills where we begin to focus on indexing, reflecting and synthesizing. Finally, in the INTERACTION we work to improve our communication skills of modeling, selecting, and telling.

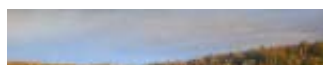
To become better storytellers, we can begin by opening our awareness and sensitivity to others' stories and then progress to working with our experiences and transforming them into meaningful and reusable stories. It is in this first step of story interaction that we can begin to connect with others and truly communicate in our stories. For more info, check out his resource listings at www.makingstories.net.

Our stories - they are our heart and soul. If you have any wisdom to share, please pass them on, and stay tuned for more in the months ahead.

Warm Regards,

Jean

Constructive Choices, Inc.



CHOOSE to...

* Coaches who choose to
step out, show up, and say
- *YES, it IS all about YOU!*

*ask questions, listen to the imagination, and observe the stories
implicit in others' words and actions.*

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