

Your Story of Change

What is covered in Your Story of Change?

- Share the story of your life
- Identify your intentions and motivations for changes and choices made
- Clarify your future commitments
- Recognise where agency of your life story exists
- Contribute to the canon of transitional wisdom

Who is it for?

Telling our stories can provide a uniquely healing and clarifying experience. Guided by a qualified narrative practitioner who will use a suite of carefully curated questions, you will get to tell the story of your life and to share your unique ways of finding meaning in your life. This record acts as a reference point to return to when you need inspiration.

What does it offer?

This one-one-one 90 minute session with a narrative therapist lets you share the story of your life. In return, you'll receive a letter that capture your life story and begins the process for you to be the author of your story and decide what the next part of your story needs to focus on. This is a brilliant way to support yourself through a transitional moment.

How do we sign up?

Contact us at madebetterhuman.com.au

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