



Made
Better
Stories

UNIT 1: Life Stories

What is covered in Life Stories?

In this unit you will learn how we make sense of our lives through stories. We make meaning from life events, key relationships, and work experiences by constructing a story. These stories build up our narrative identity. We use this story to tell others how we are and how we understand how the world work.

This unit will provide you with a structured framework to consider the different stages of your life, the key themes of your life story, and you'll start to notice the existing plotlines of old stories and the possible plotlines of new stories. This can support you to discover different meanings for some of the dominant stories in your life.

What will you learn?

- Appreciate the metaphor of stories.
 - Recognise the master narratives at play in our lives.
 - Understand how you live your life through stories.
 - Recognise the ways you construct meaning from events and establish narrative continuity.
 - Notice how your stories lead to conclusions about your identity.
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What else?

Learn more about how you can identify problem stories in Unit 2 and consider complementing your development with some 1:1 coaching with our narrative practitioner.

How do we sign up?

Contact us at madebetterhuman.com.au