



Made Better stories

Unit 10: Empowering Stories

What is covered in Empowering Stories?

We can retire some of our old stories or problem stories and replace them with more useful narratives. It is possible to free ourselves from victim stories and find a genuine sense of empowerment over our lives.

In this unit you'll define the identity you want to enact for your future, and you'll learn how to edit your life story in ways that facilitate how you get to talk about who you are and what you stand for in your life. Your new stories will become thicker and richer and will invite you to consider the alternative expressions of who you are. You'll learn the power of valourising stories and be reinspired by the intentions you bring to your life as you move forward.

What will you learn?

- Establish rituals and celebrations for the retirement of old stories and identities.
- Build a list of remarkableness.
- Examine your history of successes.
- Signify the new stories and identities being taken forward.
- Recognise the mindsets and scripts that influence your choices.

What else?

Learn more about how you have enhanced your wellbeing by reviewing your Made Better Stories workbook and the activity sheets. Complement your ongoing development with some 1:1 coaching with our narrative practitioner.

How do we sign up?

Contact us at madebetterhuman.com.au