



Made
Better
stories

Unit 8: Restorative Stories

What is covered in Restorative Stories?

We have re-authoring rights on our stories and we can make deliberate choices about how we edit our stories and what meaning we ascribe to our stories. Recalling forgotten stories, naming false stories, and disowning stories that have been given to us by others can provide us with access to alternative or preferred stories.

In this unit you will recognise what matters most to you, your life and which stories talk to the agency you have over your life and how your personal narrative can become a true expression of who you are and what you stand for in life.

What will you learn?

- Explore the concept of the hero's journey.
- Examine the hopes, values and beliefs revealed through our life stories.
- Identify how you can re-author your stories.
- Celebrate the power of ordinariness.
- Build a tree of life.

What else?

Learn more about how you can move through change in the transitioning stories covered in Unit 9 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