



Stories in Action:

Navigating Change through Teaching Narratives

Wednesday, April 24, 2024
Presented by:

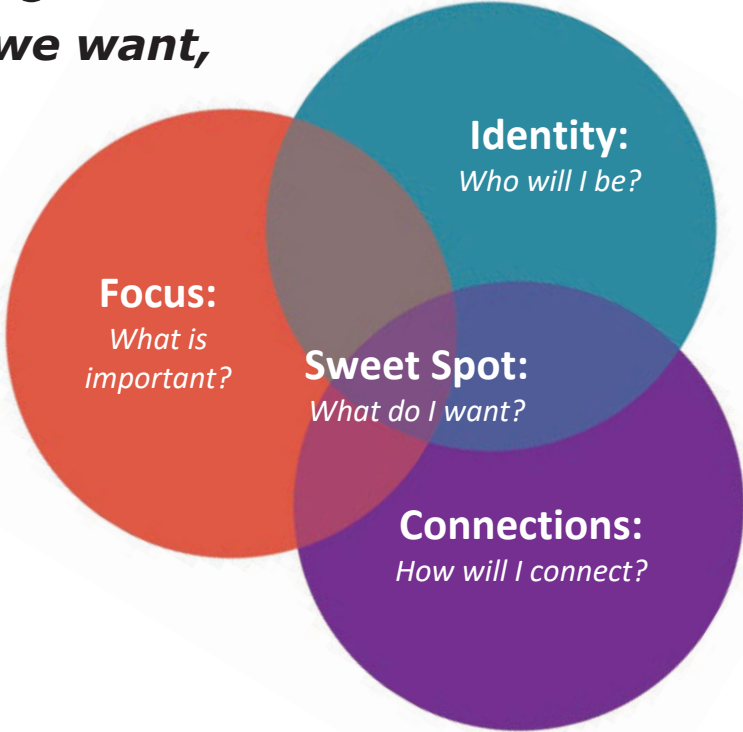
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Change Narrative

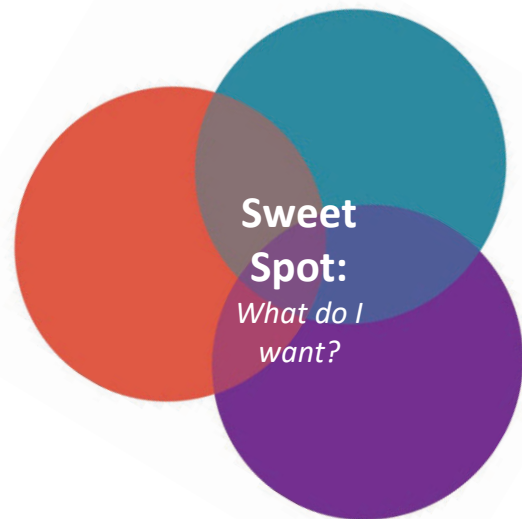
*A story about what we want,
who we are,
and how we live.*

- The patterns we create through our story process will help shape our patterns of discourse and action and move towards adaptable life patterns.



Sweet Spot: Naming what we want in our life

- What issue or challenge did you bring with you today?
- 3-5 words that describe the essence of what you want
- Put into a sentence or two the pattern you want to change
- Over the next semester I want ...***



Identity

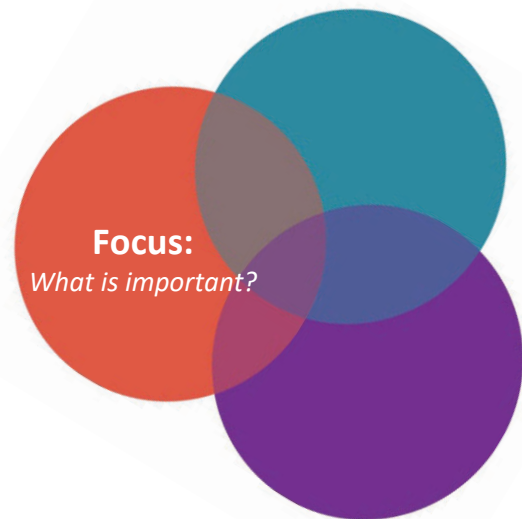
- Who do we want to be or need to be?
- Identify the kind of person who would inhabit or embody that "sweet spot"
- How do we see ourselves in relation to others, our work?
- I am ...***



Focus

- What is most important?
- What do you need to focus on in “your sweet spot”?
 - Tensions or challenges
 - Questions
 - Material
 - Emotional
 - Relational
 - Conceptual

• ***I focus on ...***



Connections

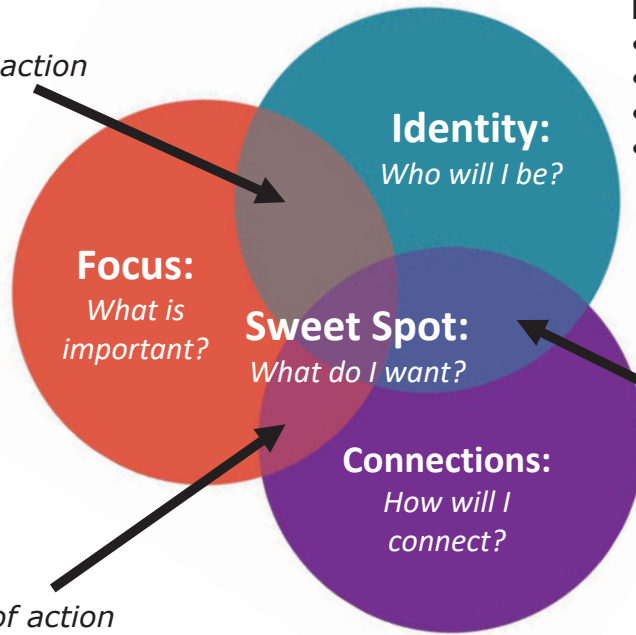
- What are ways of connecting that get you and keep you in your sweet spot? What kinds of exchanges are required in my ...
 - Personal relationships
 - Work relationships
 - Behavior patterns
- Examples: conscious, present, collaborative, restorative
- ***I will seek connections that are ...***



Pattern Spotting

- What emerges at these intersections?
- **If I am doing X ... what will people see in my behavior?**

Pattern of action



Examples:

- Being Purposeful
- Seeking Alignment
- Learning
- Engaging in new ways

Pattern of action

Pattern of action

Writing your narrative



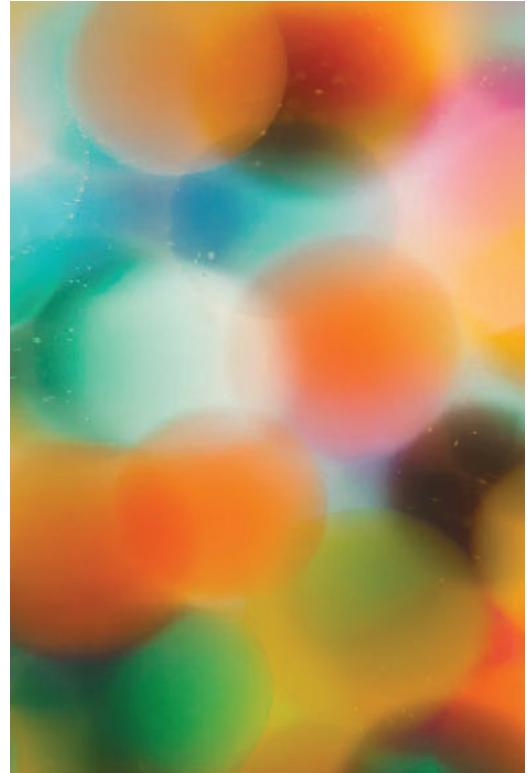
Photo by [Danielle MacInnes on Unsplash](#)



Photo by [hannah grace on Unsplash](#)

Sharing our Stories

- Reader:
 - What is the pattern you want to change?
 - Read/share your complex narrative
- Partner:
 - listen and don't interrupt
 - ask questions about the narrative only:
 - Open ended
 - No advice
- Switch



Simple Rules: Guiding our Actions



- Fly toward the center
 - Match speed of your neighbor
 - Don't run into anyone
- Commitments, statements of values in action that guide behaviors today that create patterns for tomorrow ...
 - Start with a verb
 - Stated in positive
 - Can fit on a "mantra band"
 - 2-4

Closing

- What did you learn about self?
- Who will you share this narrative with?
- How might you use this process with the classes, groups, or communities you teach and lead?
- Questions/What are you still curious about?



Photo by [Reuben Juarez](#) on [Unsplash](#)

References/Resources

- Holladay, R. (2021, Aug.). Create your narrative: Change your story-change your patterns! Adaptive Action Lab. Adapted by permission.
- Holladay, R., & Tytel, M. (2011). *Simple Rules: A Radical Inquiry Into Self*. Gold Canyon Press
- <https://www.hsdinstitute.org/resources/resources-inquiry.html>
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