

Share Life Stories

One of the most effective ways to break down barriers and create a deeper level of trust and honesty is to talk about the challenging experiences you have faced, the times when you have made mistakes or failed, and how you learned from them. By admitting your mistakes and explaining what you learned from them, you give others permission to do the same.

EXERCISE 11.5: SHARING YOUR STORY

The goal of this exercise is to share a personal story with someone else. Sharing your story builds meaningful connections and may encourage others to share their stories as well.

Think of a story about yourself that you are not particularly proud of, a time when you made a mistake or learned a difficult lesson. Share your story with a close colleague or friend. After you have finished, ask this person to share a story with you.

What did you learn from this experience? About yourself? About the other person?

Align around Mission.

If you are going to inspire others to take on difficult challenges, it is important to help them understand their purpose. In so doing, you can empower them to live it through their actions.