

Storytelling opdracht

Zie hier een mooi voorbeeld van hoe je storytelling kunt gebruiken om een onderwerp te bespreken. Kijk eens wat je hiervan vindt en waarom dit goed werkt.

- Wat valt je op?
- Wat zou je willen overnemen en wat niet?
- Wat zou je meer willen gebruiken in je eigen presentaties?
- Wat raakt je?

Bekijk de Tedtalk van de Amerikaanse onderzoeker en schrijfster Brene Brown over kwetsbaarheid.

Vanaf 3.19 minuten start het gedeelte van onderstaande tekst. Houdt deze ernaast en beantwoord de vragen.

- What is Connection?

„The ability to feel connected is neurobiologically how we are wired. That's why we're here.“ Connection is that what gets purpose and meaning to our lives.

Story 1: Vul nu zelf een eigen mooi voorbeeld in als het gaat om verbinden met mensen, welke ervaringen heb je en kun je met anderen delen?

❖ Vervolg het filmpje

- What is Shame?

„When you ask people about love, they tell you about heartbreak.“

„Ask people of belonging, they tell you the most excruciating experiences of being excluded“

„And when you ask people of connection they tell you stories of disconnection“.

– After 6 weeks of research it turned out what this is about

Shame. What is Shame? Shame is a fear of disconnection.

Story 2: Vul hier zelf een mooi bruggetje/aneddote in uit je eigen ervaring als het gaat om schaamte, wat wil je hierover vertellen wat mensen kan raken?

❖ Vervolg het filmpje

Shame is when other people know or see things, that I think I won't be worthy of connection. It's universal: Only people who have no capacity for human empathy don't experience shame.

„No one wants to talk about shame, and unless you talk about, the more you have.“

Shame is the the feeling „I'm not good enough, smart enough, beautyfull enoguh, promoted enough" What underpin this **shame is excruciating vulnerability**.

Story 3: Vul hier zelf weer een eigen voorbeeld in als het gaat om kwetsbaarheid. En zoals Brene Brown doet: " so you know it's not going to work out well"

En maak een grapje

❖ **Vervolg het filmpje**

Worthiness One variable, that seperate the people who think they are worthy enough and the people who are always struggling with thoughts like „I'm not good enough": They believe there where worthy. That's it.

„The part who keeps us out of connection is the fear that we're not worthy of connection."

- What is Vulnerability?

Vulnerability is the core of shame, and fear and the struggle of worthyness, but it appears that is also the birthplace of joy, creativity, belonging and love.

What does the people who feel worthy have on common?

"People, who have a strong sense of love and belonging, believe they are worthy." What these wholehearted people who feel worthy have is...

- a sense of courage – the courage to be imperfect.
(courage (lat. = heart) is to tell who you are with your whole heart.)
- the compassion to be kind to themselves first an then to others
(because as it turnes out, we cant practice compassion with other people if we can't treat ourselves kindly)

- they had connection as a result of authenticity
(they were willing to let go of „who they tought they should be" in order to „be who they were")

- they fully embraced vulnerability
(they believed, that what made them vulnerable made them beautifull. They didn't talk about vulnerability being comfortable, nor did they talk about being excruciating, the see vulnerability as something necessary. They talked about the willingness to say „I love you first" or to do something there no garanties, the willingness tho invest in a relationship that may or may not work out)

Why do we struggle so much with vulnerability?

- we numb (but you can not selectively numb emotions. If you decide to "switch off" the negative ones, the positive feelings get numbed as well)

- we make the uncertain certain (example: religion has gone from „*a belief in faith in mystery*” to „*certainly I'm right you're wrong*”, like in politics and everywhere...)
- we perfect („our job is not to say we're perfect, its to say, okay we're not perfect, but we are worthy of love and belonging”)
- we pretend that we have no impact (to other people and ourselves) The other way we can do it:

- let ourselves be seen (deeply and vulnerable)
- love with our hole hearts (even there is no guarantee)
- practice gratitude and joy (in those moments that are kinda terror and we wonder if we can love this

much, or believe passionately)

- believe were enough (from this place we stop screaming and start listening and are kinder and gently to

ourselves an to others)

The lesson is clear

Connection is about courage, compassion, and vulnerability.

laatste opdracht: Hoe zou jij sterk willen afsluiten in jouw presentatie?

❖ Vervolg het filmpje

Connection is only possible if you allow people to see you, if you are authentic. To be authentic you have to be vulnerable.

Vulnerability is not a weakness – it's the most accurate measurement of courage.