**The Art of Harvesting your Life Stories**

**with**

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Pre-session:

* PPT on loop
* Supplies
* Instrumental playlist

**Part A:** Opening (15 min)

Welcome (5 min)

* Introduce Meri/Translators
* How to work with translators

**Introduction (5)**

When I turned 50, my fella asked me what I wanted.

I said “I want to figure out what my purpose is, and I want to be free.

In here.”

I set out turning over stones to find my purpose in life to no avail.

I had the order wrong.

I recognized I needed to set myself free in order to *experience my purpose.*

The way to my freedom lay in my story.

So I walked back into it, to the place that held the key to what I needed.

And I dove into it, and harvested it, and ultimately set myself free.

Through this journey my purpose, to serve as a Sherpa.

was revealed.

Story harvesting would be the way.

Screen share

What does it mean to harvest a story?

It is to extracting learning from past events, to use as preparation for the future.

Next slide

Storyharvesting was once a way of life, a practice that was both valued and *essential to survival*.

People would gather around the campfire to share stories of their experiences.

It helped them, and those who witnessed them, make meaning of what was occurring, and help them prepare in here for what’s out there.

As the world and how we lived changed this practice faded.

It has become a lost art, practiced by few.

Today we will resurrect this practice.

You will have an opportunity to experience and practice the art of storyharvesting.

While we will gather around the fire as a group, the harvesting journey will be yours to do individually, guided by myself, your sherpa.

This in intentional.

To give you the space and the time to be with yourself, to explore to dig, to dive into your story.

No pressure to share, your choice.

You will be working with you own story

This is process was designed to provide you with an experience in harvesting.

Learning the how to guide it and developing your harvesting skills is the next step in honing the art.

Next slide

**Objectives:**

It is my hope that by the end of this experience you will:

* Gain new perspective about yourself
* Value your story and harvesting it as a resource to navigate change.

We will be using POY method and the Punctum tool to help us harvest our stories.

Let’s get ready.

**Supply list**

* POY Punctum tool, cards face piled
* A4 or 8x11 blank paper
* Pen
* Colored marker
* Post it
* Black sharpie
* phone – will be a camera AND a recording device.

Screen share

**Harvesting** (5 min)

**Harvesting:** can be done collectively in a group, with a partner, individually, (today)

**Harvestor** has 3 main areas of responsibility.

* Presence
* Guiding the process
* Collecting the harvest

We will look after the first two and your job will be to collect the harvest.

The harvest? Will be your personal reflections, answers and insights-

generated through working with POY photos, 2 questions and a story.

And the story? It will be yours.

This is designed to be an experiential learning process not an evaluation of skills.

**Now we need a story.**

**Part B: Process: (60 min)**

Select story: (3 min)

There will be a chapter, in ALL our life stories, about Covid 2020.

Within this chapter, there will be many stories that capture the highs, lows and in between.

As you think about this time, is there one that really stands out, rises above the rest?

Take a minute to give it some thought, and see what comes to mind.

Don’t edit, just catch it, go with whatever comes up.

With this story in mind, come to the fire

Campfire photo slide

**PAUSE -** *Shamans Call*

**RECORD STORY**

Tell the story of this experience briefly (3min)

Record yourself on your phone, video or audio, your choice.\*\*

Screen share campfire photo slide

Campfire sound- Bright and calm (2:37)

**Round 1** (5 min)

**Photo selection**:(2 min)

* Select one photo from Punctum cards face down.
* Observe

**Question:** (3min)

Screen share PPT slide of question

Through the photo*, what did this story ( event or experience) show you?*

*Ex: how you respond to events, what’s happening around you, or within you.*

Write down your answer on separate page.

Campfire sound

**Round 2:** (5 min)

**Photo selection:** (2 min)

* Select one photo from Punctum cards face down.
* Observe

**Question:** (3 min)

Screen share PPT question

Through the photo “How did this story (event /experience) shape you?”

ex: your thoughts behavior, actions

Write down your answer on separate page.

Campfire sound

**Listen to your story:** (3 min)

Listen to the recording of your story. With the ears and intuition of a harvester.

Perhaps you may catch wisdom, insights, make connections that you may not have noticed previously.

Write down what you notice.

**Harvest the harvest- Assemble your story** (5 min)

Screen share instructions how to harvest your harvest, assemble into a story

**Give it a Title** (2min)

* Title
* Enter on chat privately to Meri

Meri cut and paste into chat for reveal in closing.

**Sharing** (7 min) On chat and a few people

Share your Title and what the harvesting experience was like for you.

**Part C: Wrap up** (12 min)

**Action:**

* How can you use what you know now?
* What will you do with what you know now?
* Actions-24/one week/one month

**Share:** (5 min)

In one word, one sentence max, what do you take from your story ?

One sentence verbal/ chat.

**Close:** (5 min)

In a minute, when the music starts, I’d like to invite you to scroll through the chat, and witness, validate stories expressed here today.

These are just a few of the stories harvested from 2020, that were harvested around our fire.

We honor them and the people who lived them

Meri share chat ( maybe doodle poll ?)

*Music ( TBD)*

My hope is that you move into the next chapter of your life, you harvest your life stories to prepare you.

There is not better resource available to you than your life story.

On any topic, it will offer you learning, insights and wisdom to equip you for what’s next .

Most importantly your story will remind you who you are, and that your wings of change are within you.

Thank you,

HIY HIY (I am grateful)

Screen share PPT