Ashlyn Hanks

Storytelling and Leadership Week 4

Building a personal story:

1. I presented research after my old mentor left. I was originally doing research under him, but before he left, he dropped me and the two projects we were working on. I didn’t think I would do research again after that, but I not only did the research, but my friend and I were able to take it to a conference.
2. I was able to overcome this feeling of defeat and abandonment I had. I was able to make the best out of a really bad situation, and I was able to do it with one of my best friends.
3. I think back to this frequently when things don’t go as planned. Sometimes a bad thing happens so that you can grow out of it. I use it to rally a team when something bad happens, reminding them that we can pick ourselves up by our bootstraps and persevere.
4. It is a pattern. I have many times had to pick myself up, dust myself off, and get back onto the horse.
5. I wouldn’t do anything differently.
6. There is always a lesson that you can learn from any situation. Perseverance is incredibly important, and having the right mindset opens you up for growth in unexpected ways.