

Who Are You? Narrative-based Lifeskills course

Summary: Who Are You? Is a narrative-based lifeskills course that has been developed for youth in the 16-24 year age group. The course is specially created to help participants unpack, construct and share their own personal narratives of the past and the future. The course includes a workbook and a short train-the-trainer program which is currently being prepared in video format. The idea that a person is somehow the creation of their own narrative is an ancient one which is quickly engaged by African youth.

Business Model: The course is licensed on a student, school or country basis. This includes access to on-going updates to materials, access to a knowledge sharing site by participants and facilitators and an on-going competition for outstanding examples of narrative generated in the workshop.

Advertising Opportunity: The inside back cover of the book represents an opportunity to place full-colour advertising in media that will be kept and passed around for a long time to come.

Information about the Who Are You? Lifeskills course including a preview of a customised version available on Google Books Programme is available on:

www.who-are-you.org

<http://isivivane.com/storytelling/whoareyou>

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Who Are You? is a cutting edge Narrative-based lifeskills course that contains powerful exercises around the way in which we create our identity and our reality. The course is available as a branded, customised lifeskills course for your organisation.

Part 1 The self – who are you?

- Sensation, Perception
- Storytelling
thinking and Reality – ‘the story of my life’
- Language and metaphor
- Storytelling and healing – narrative medicine
- Power, influence and culture
- Definitions of ‘success’
- Who are you?

Homework for this course engages a timeline and a storytelling exercise

Part 2 - Vision - Who do you want to be?

- Principles of manifestation – Isivivane – start with the dream and make it real
- Knowing what you want – having a dream
- Defining ‘success’ and understanding the rules and patterns of success
- Game theory – playing the ‘game’ Rules, Roles, Rituals, Language, Values, Goals, Style
- Techniques of constructing the self
- Changing the story, language and metaphor
- Ritual
- Memory, language and thinking
- Foods, moods & neurotransmitters.

