

Maura Doherty

Storyteller Writer SMART Volunteer

What's Your Story?



Oregon School Employee
Wellness Conference

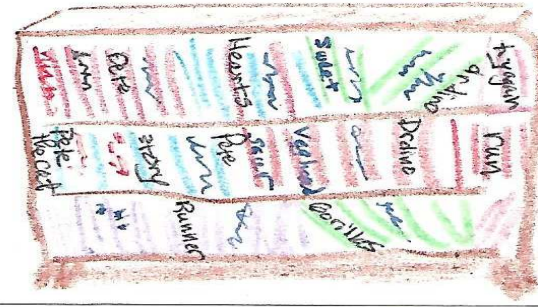
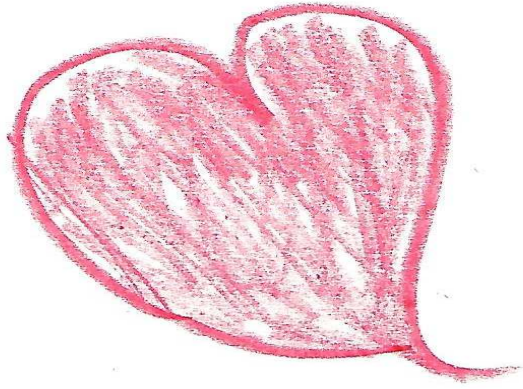
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We All Have Stories



- Funny
- Self Care
- Heart opening
- Feeds you
- Loving
- Gives you chills
- Self-forgiveness
- Happiness Quotient





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Story Card

Pick A Story

- One you remember
- That 'sticks' with you
- Ups your happiness quotient
- What's the most important part?
 - Make a story card
- Tell it in 5 minutes
- What did your neighbor like about it?
- Switch: You listen and tell what you liked
- Is yours/your neighbor's story the best??

What's In A Story?

The universe is not made of atoms,
it is made of stories.

Muriel Rukeyser

