

Story of Self

Subheading

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ALASKA

HUMANITIES

FORUM

Learning Goals

- Stories are fundamental for relationships; & relationships are key to community work.
- Learn the building blocks of a Story of Self: story moments, sensory details, and connecting values to choices to what you do now.
- Try out a Story of Self first draft!

Agenda

- Large group: talk through Story of Self & hear examples.
- 5 minutes to brainstorm a first draft
- In pairs: share a 3 minute draft Story of Self and get feedback
- Large group: Close

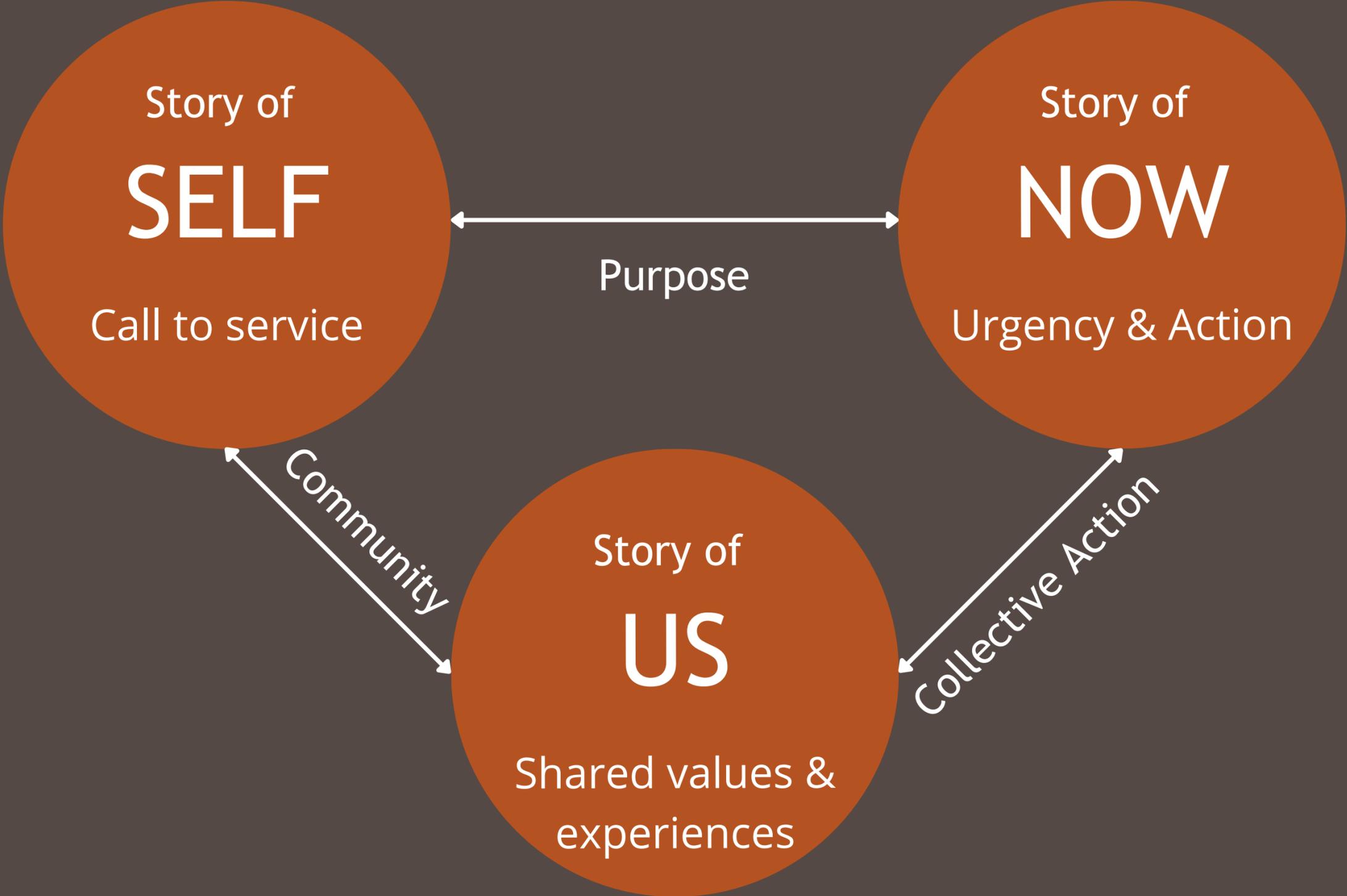
Community Agreements

Courage: to tell your story with
your whole heart

Curiosity: a desire to learn with
care and attention

Kelly Ittenbach

PUBLIC NARRATIVE





MARSHALL GANZ

Story of Self

ACT 1

ACT 2

When you learned your values

When you made choice(s) and what happened after

Told as a story!

Includes sensory details



My Story



Time to get on the bike!

Practice

Brainstorm a first draft: 5 mins

Pair Share: 14 mins total

- Person 1: share a 3 minute draft
- Person 2: Take a moment to fill out the listening sheet and then share what you are reflecting on. (3 mins)
- X2

FIND A PARTNER

3 MINUTES

STORYTELLER SHARES

3 MINUTES

LISTENER SHARES

REFLECTIONS

4 MINUTES

STORYTELLER SHARES

3 MINUTES

LISTENER SHARES

REFLECTIONS

4 MINUTES

What are you taking away with you from our time together?