




Exercise 5.2

Stories that change mindsets

- Foundation
- Yes
- Medium

Think about one of the narratives that you have engaged with earlier in the modules, or watch one or more of the following digital stories:

-  Monica's story
"A part of the team"
-  Betty's story
"Jimmy's story"
-  Andy's story
"Why can't we get this right?"

5.2.1

As you watch each story, think about its impact, focusing especially on these questions and using the 'EAR' model that was first introduced in module 1, exercise 1.3.

What did it make you think about?
(effect)

How did the story make you feel?
(affect)

What might you do or think differently as a result of seeing the story? (reflect)

You might find it useful to use the grid to note your thoughts if you are watching and thinking about the stories. The 'EAR' model is a particularly good way of ensuring that reflection on what can be changed as a result of hearing a story is part of ongoing practice:

| Story | What did the story make you think? Effect on you | How did the story make you feel? Affect | What might you do differently? Reflect |
|----------------|---|--|---|
| Monica's story | | | |
| Betty's story | | | |
| Andy's story | | | |
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