

Once Upon a Time..



***What is Happening When We
Sit Around The Fire Telling
Stories?***

Edwina Grant & Sez Morse

DANCE OF ATTUNEMENT

NEEDS

SAFETY



TRUST

NEEDS
MET

BIOLOGICAL AND
EMOTIONAL
QUIESCENCE –
ATTUNEMENT AND CO –
REGULATION OF STRESS

Loving
Playful
Acceptance
Curious
Empathy

BIOLOGICAL
DISPLEASURE/STRESS/
CORTISOL
(HELP ME! – COMFORT ME,
PLAY WITH ME)

FROM HARM TO HEALING

***“There is no greater
agony than bearing
an untold story inside
you”***

**Maya Angelou - poet, memoirist,
and civil rights activist**

*If we don't have a coherent narrative -
our own unique story - then we do not
know who we are.*

*How do we support children and adults
who have not discovered the song in
their heart or have lost it through
trauma, displacement, oppression or
'othering' to recover their stories?*

Strong Backs, Soft Fronts and Wild Hearts

(Brené Brown adapted from Joan Halifax)



***‘I will discover the
song that is in your
heart and sing it to
you when you forget
it.’***



“We have not been sitting around campfires for Over 100,000 years telling stories for nothing, it is in our cellular memory that this is how we communicate how we feel & ultimately how we know that we are ***LINKED RATHER THAN RANKED***”

Gloria Stenheim

WHEN WE SHARE OUR STORIES, WE
ARE REMINDED OF THE HUMANITY IN
EACH OTHER. AND WHEN WE TAKE
THE TIME TO UNDERSTAND EACH
OTHER'S STORIES, WE BECOME MORE
FORGIVING, MORE EMPATHETIC, AND
MORE INCLUSIVE.

Michelle Obama

What's your story?

***Whose story will you discover
in the coffee break,
at lunch,
tonight,
tomorrow after the conference?***

***What will be happening inside you when you
do?***



YOU ARE AMAZING

