



SESSION 7



SESSION 7

SHARING MY STORY

INTRODUCTION

The purpose of this session is to provide an opportunity for students to reflect on their learning so far; further develop their story and identify what they want to share with others.

LEARNING OUTCOMES

At the end of this session students will:

- Reviewed their learning over the first six sessions
- Used this learning to continue to develop their story
- Identified what they want to share with others



SUGGESTED LESSON PLAN

ACTIVITY	METHOD	MATERIALS
Welcome	Trainer led	
Connecting up	Group exercise What I have learned about myself so far	
Laura's story	Group exercise	Film
My story so far	Individual/small group exercise	Worksheet
Sharing my story	Individual/small group exercise	Worksheet
Reflection		

INFORMATION

You may wish to refer back to the information provided in Session 3 'My recovery story' for reference.

At the beginning of this session you may want to remind the students of key aspects of recovery story sharing:

There is no one way to share your story.

It a personal story and the one you want to share with others.



It is important to distinguish between illness stories and recovery stories.

In recovery stories the focus is on the learning or wisdom that the person wants to share – what helped them recover and move on with their life. You can remind them of the videos they have seen and while people refer to their difficult times the focus is on turning points, what helped them recover or is helping their recovery and sharing their learning. Storyliving is about more than telling a story; it is about the person being able to use their story or lived experience to guide their own recovery and inspire and support others in their recovery journey.

A safe environment for recovery story sharing needs:

- The person to be in control of the process and their story
- Time and support given to help people think through their story and if and how they want to share it
- Respect – everyone’s lived experience and recovery journey is different

During this session you may want to work with the students to try out some filming. This would be an opportunity for students to use the questions they identify in the ‘Sharing my story’ exercise to interview each other and record it.

