

My favourite guidance tool: **Success story**

I get each person to recount a success story, it doesn't matter how insignificant it may seem to them. As they tell their story, I get the others in the group to write down any qualities/strengths portrayed by the story teller.

When the story is told, the group (one at a time) give feedback to the storyteller about these qualities/strengths.

They then give the piece of paper with the qualities/strengths written on it to the storyteller.

The storyteller becomes aware of qualities/strengths he may not have realised.

Taking the piece of paper with him means he can refer to it again and again, and possibly apply these qualities/strengths to various aspects of his life.

Duration: 45 minutes

- By Gerard McNamara (Ireland) –