

Learning Circle Discussion Guide: Power of Personal Narratives

Directions: In your local Learning Circles, a Peer Facilitator leads a discussion leveraging the questions below to process the training content from the most recent learning event. Please reflect on all learning topics to date as you discuss today's content including personal life experiences and how these topics might be woven into your day to day work with UHG and ultimately impact our members.

Think of our presenters as members of your team who have just shared their personal narrative with you.

1. How does hearing our presenters' stories help you to understand them from a business perspective?
2. Discuss examples of effective responses you could offer to our presenters. (Please use the "Tactics to Respond to a Story" slide.)
3. What types of information might be appropriate to share in a work setting? (Think timing, setting, purpose, etc.)
4. Discuss what is important for you in order to feel safe in sharing your personal narrative. (As a leader and / or team member.)

Homework: Using the tactics shared today, please take time over the next week to begin to craft your own personal narrative. Find one person you trust and share your personal narrative with them. Below are ideas to start framing your story:

- A time you learned something important about yourself that helped you grow
- A time you made an important choice that made a shift in your life
- A time when you contributed to the growth and learning of another
- An experience that helped form an element of your personality and how/why you relate to the others the way you do
- Any other story you would like to share