

Storysharing & Resonance

Sprog 2018

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Purpose

Storysharing and Resonance is a practice adapted from the work of the Relational Center (relationalcenter.org), an organization which partners with social movement leaders to build a culture of radical engagement centered on relationships and empathy. At SSC we see storysharing and resonance as a practice that embodies Principle #9 about prioritizing relationships and centering them in our work. This practice helps community members build trust with each other, and also witness the critical role that vulnerability plays in powerful leadership and resilient relationships.

Objectives

- Learn and practice the skills of story sharing and resonance.
- Participants build and deepen trust with each other.
- Explore the value of expressing and receiving vulnerability in building relationships and practicing leadership.

Normal = say out loud

Underlined = flipchart this!

Italics = trainer notes/instructions

Bold = key point

Outline

Storysharing and Resonance appears twice in the Macroagenda. A brief outline of each is presented below with further guidance beneath that.

Monday morning, 9-9:30am:

*The purpose of this section is to introduce the tool of resonance, and the value that **sharing from and listening with the heart** brings to building relationships, organizations and*

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movements. [Sample script for this session available here](#), a short outline for this session is below:

1. Introduce the concept of storysharing & resonance, what resonance is/isn't [7 min]
2. Practice with the full group by having a trainer share a sample story and then invite participants to share resonance with them. [8 min]
3. Practice sharing a story and resonating in pairs. [10 min]
 - o Prompt: What journey led you to Sprog? What's one challenge you had to confront along the way? What support helped you move through that challenge?
4. Debrief what the experience was like with the big group. [5 min]

Outline - Thursday evening during Night Teams, 8-8:30pm

The purpose of this session is to deepen familiarity with this practice and create space to process participants' emotional experience at Sprog. During this time:

1. Remind people what resonance is and isn't [2 min]
2. Take a moment to reflect on this prompt: [3 min]
 - a. Share the story of your experience at Sprog so far. What have you felt over the course of this week? What particular moments stand out as particularly meaningful so far?
3. Invite 2-3 members of your Night Team to share for five minutes, with two minutes of resonance after each story. [25 min]

Sample Script: Monday, 9-9:30am

1. Introduce storysharing & resonance, what resonance is/isn't [7 min]

We are going to spend some time building relationships with each other through a practice known as a storysharing and resonance that we learned from an amazing group called Relational Uprising. We will each have a chance to share **a brief story about what led us here to Sprog and a key challenge we had to confront along the way**. We will also each have opportunities to practice listening to these stories using the tool of resonance.

Resonance is a certain type of listening and responding which has been demonstrated to help build trust and deepen relationships. We know that the most powerful relationships are built when people share stories **from the heart** and others **listen to those stories with their hearts**. This is what this practice is all about. (*sample flipchart for this section on next page.*)

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Sample Flipchart



Resonance is listening with your heart. To practice resonance, while you listen, pay attention to the moments when you are transported into your partner's story. When you see vividly the imagery they share, when you feel the feelings they express. After our partner has finished sharing their story, we share back to them the moments when we resonated with them. These statements typically start with "I resonated with you when I heard you say...", or "I was right there with you when..."

Resonance is not: asking questions (like, "whoa, why do you think your mom said that?"), giving advice (like, "you really should get out of that relationship."), one-upping (like, "you think that's bad... you should hear about the time I..."), making meaning (like, "sounds like you really connected to a higher spirit that day"), or telling your own story (like, "that reminds of the time I...") To the best of our ability, when we share resonance we try to stay with the storysharers experience, echoing back to them what they said, what they expressed, not our interpretation of it.

2. Practice with the full group by having a trainer share a sample story and then invite participants to share resonance with them. [8 min]

One trainer now shares a 3 minute story. Their co-trainer shares one moment of resonance to model (e.g. "I was right there with you when you said you mom 'was shaking when she said goodbye to you.") and then invites the participants to share moments of 3-4 more moments of resonance.

Story tips:

- *Share a story from your journey as an organizer that connects ultimately to your choice to be a trainer at Sprog.*

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- *Include in that story a key challenge you encountered, and highlight the support you leaned on to move through that challenge (*note: this expression of vulnerability, and acknowledging you received support helps dismantle the culture of hero leadership, and makes it easier for Sprogers to share their vulnerability with each other.*)*
- *Practice the principle of: “Show not Tell” - includes sensory details about sights, smells, sounds, how your body felt, what was going on in your heart/mind.*

3. Practice sharing a story and resonating in pairs. [10 min]

Invite participants to find a partner, take turns sharing a three minute story and then having their partner share resonance with them for 1-2 minutes. Then trading roles. Keep time and

4. Debrief* what the experience was like with the big group. [5 min]

Sample questions you could ask:

- *What did it feel like to share from your heart? What’s hard about this?*
- *How did it feel to have your partner share resonance with you?*
- *What value do relationship building activities like these bring to our organizing work?*

Note, if the group doesn’t have time for this, it’s ok to let the experience of storysharing and resonance speak for itself.