Crafting a Better Story through Hope-Filled Engagement

Manitoba Association for Career Development 2020 Virtual Conference

“Let's Get to Work”

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Gray Poehnell
graypoehnell@mac.com
www.ergoncommunications.com
Crafting a Better Story through Hope-Filled Engagement

My Story

professional
personal
Dr. Norm Amundson & Gray Poehnell

research development writing speaking training
My Story
My great great grand parents
Abraham Belanger (1849-1917),
Philomene Delorme (1870-1927) and family

My Metis heritage
Me and my brother
Third Report:
Gray is not very interested of late. He does not pay attention. I still feel that his eyes need a doctor’s attention.

Fourth Report:
Gray has difficulties in visual discrimination.
REMARKS

First Report:

I think the fact that Gray does so well in the difficult subjects such as social studies and Arithmetic, shows that he is not working well enough in other subjects.
My Mom
How you start does not pre-determine how you will finish.
Crafting a Better Story
through Hope-Filled Engagement

My Story

Illiterate “Loser” ... Mathematician ... Greek Teacher ... Trainer Career Consultant Author
An Expanding Focus of Hope
Crafting a Better Story through Hope-Filled Engagement

Story is integral to our life/career journey
A better story is better than a better life!

our stories influence the way we experience our lives
We all have a story

The question is:
What kind of a story?
We all have a story

Is it one of hope or of hopelessness?
BOXED IN: We all live in our boxes.
BOXED IN:
A Crisis of Imagination

HOPELESSNESS
BOXED IN:
An **Opportunity** for **Imagination**

A box may be a **building block of hope**

**life**

**realities**

A box may be the **starting point of new possibilities**

**limitations**

**possibilities** /potential
BOXED IN: An Opportunity for Imagination

life
limitations
realities
possibilities /potential

HOPE
No Hope!
No Faith!
No Imagination!
Hardwired for Hope!

Environment

imagination

FEAR  CHOICE  HOPE

faith
How to make hope practical?
Gordes
Provence, France
Gordes
Provence,
France
It is not just physical structures that can make services inaccessible.
language, tools, processes, concepts
What about those who have experienced a different life journey?
ACCESSIBILITY?

language, tools, processes, concepts

goals

CAREER

work exp

skills, etc

education
ACCESSIBILITY

language, tools, processes, concepts

kind of life?

goals

CAREER

work experience

education

skills, etc

what can you do?

learning?

life/work roles?
What is career really all about?
CAREER

is about you,
is about your world and your part in it,
is about your journey in this world,
is about crafting the story and the life you really want to live on your journey.
3D Career perspectives:

- conversation
- journey
- craft

MY STORY
“Career” definition:

career — n
• a path or progress through life or history
• a profession or occupation chosen as one's life's work
• a course or path, esp a swift or headlong one

career — vb
• ( intr ) to move swiftly along; rush in an uncontrolled way

career — from French carrière, from Late Latin carrāria carriage road, from Latin carrus two-wheeled wagon, car ]

Collins English Dictionary - 10th Ed.
Career is about your journey in this world

a journey, with many paths
not just a destination

Prepare not for “the one perfect job” but for “a life-long journey”
Career is about your journey in this world

Our life/career journey is the journey of a lifetime
a series
of events,
circumstances
On your journey, everything happens twice
Life/Career Journey

a tale of two stories

On your journey, everything happens twice
Life/Career Journey

outer story

inner story

events
circumstances

perceptions
inner responses
assigning meaning
My Life/Career Journey

outer story
- racism
- family dysfunction
- visually impaired
- learning disabilities
- speech difficulties
- extreme introversion

inner story
- loser
- stupid
- "retard"
- embarrassment
- fear
- withdrawal
Life/Career Journey

the story I tell myself about my life becomes the lens through which I view my life and choose my life
Life/Career Journey

Something may happen to me, but it is the story in my head that will determine how I will experience it.
My Life/Career Journey

inner story
loser
stupid
retard
embarrassment
fear
withdrawal

outer story
1st in the family to university, honours mathematics, scholarships, depression
Life/Career Journey

I may not be able to fully control my life circumstances, but I can create a better story.
my story should enable me to find meaning and purpose in my life circumstances, good or bad, even when I don’t fully understand
IDEAL:
to change
my inner story
to better equip myself
to change
what I can
in my circumstances,
Life/Career Journey

but when all else fails, just changing my inner story can make a profound difference in me.
we need to intentionally address the inner story and not just the outer story
AN UNCHARTED JOURNEY

into a world of life/work

characterized by

complexity

change

uncertainty

chaos

confusion
Danger:
Plans may blind

to opportunities
or problems

Be prepared, make plans
Hold loosely
Watch for opportunities
Keep going
Do Mazes Have Deadends?

deadend
thoughts
actions
and
attitudes
Do Mazes Have Deadends?

NO

they have curves
1. Set goals

2. Take steps

3. Overcome roadblocks

4. Review & Revise

(Adapted from Hope-filled Engagement: Guiding Circles activity)
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Challenges

negative story
story clutter
the first story
unrecognized story
Crafting a Better Story

- Own My Story
- Take It Apart
- Put It Back Together
- Repeat

A Better Story
CAREER

is about you,
is about your world and your part in it,
is about your journey in this world,
is about crafting the story and the life you really want to live on your journey.

STARTING POINT?
CAREER

STARTING POINT?

where people are engaged in life
Favourite Things

up to 12 things I like to do?

last time?

cost or free?

planned or spontaneous?

alone or with others?

mind, body, emotion, spirit?
Favourite Things Collage

Grade 10 boy
Northern Territories, Australia

What do you see?
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There is more to me than my problems and failures
Career Circle
What is a “skill?”

SKILL
“strength, good at”

HOPELESS
NO
SKILL
Finding Hope in Grades

“The problem lies in our evaluation policies and practices where we interpret value (the root of evaluation) in measurable, standard, competitive ways that always guarantee that many people will not be valued much at all.”

Dr. Carl Leggo
Department of Language and Literacy Education
University of British Columbia
What is a “skill?”

**SKILL**
“strength, good at”

**HOPELESS**

**NO SKILL**

**SKILL**
“something you do”

**HOPE-FILLED**

How well?

Who needs this level of skill?
If you give a person a fish, they eat for a day; 
If you teach a person to fish, they eat for a lifetime.

Balance: 
at times both are needed
Prepare for the
Journey of a Lifetime

life/career skills
that will be used
throughout our life/career journeys.
CAREER

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