



# BRANDON ALLEN



(DATE)



# FROM RIPPLES 2 WAVES

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[DATE]

# FROM RIPPLES 2 WAVES

**: Finding Value in Sharing Your Story," we'll explore the transformative power of personal narratives. Diving into the journey of self-discovery, empathy, and empowerment that comes from sharing your story. Discover how your unique experiences, beliefs, and actions can create waves of positive change, fostering connection and resilience in both personal and professional realms.**



**CLOSE YOUR EYES  
LET'S GROUND  
OURSELVES!**



**"It doesn't matter if you're the slowest kid in gym class or the fastest man alive, every one of us is running. Being alive means running; running from something; running to something or someone. And no matter how fast you are, there are some things you can't outrun; some things always manage to catch up to you."**

***BARRY ALLEN - FLASH***



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2 WAVES**

# A WALK IN YOUR SHOES



# ★ ORIGIN STORY



# WHAT IS AN ORIGIN STORY?

IS AN ACCOUNT OR BACKSTORY REVEALING HOW A CHARACTER OR GROUP OF PEOPLE BECOME A PROTAGONIST OR ANTAGONIST, AND IT ADDS TO THE OVERALL INTEREST AND COMPLEXITY OF A NARRATIVE, OFTEN GIVING REASONS FOR THEIR INTENTIONS.



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**OUR ORIGIN STORIES ARE**

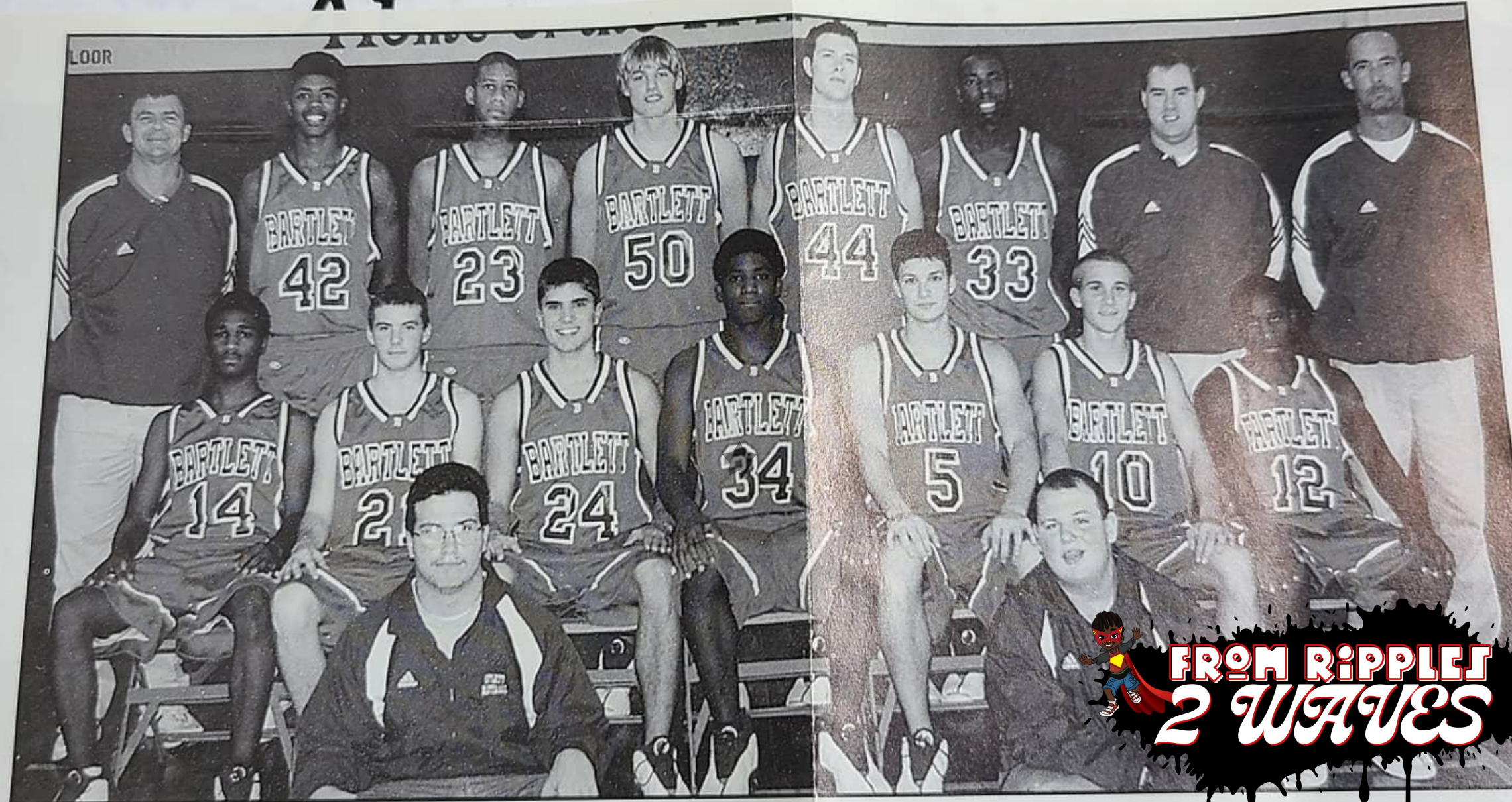
RIPPLES IN *OUR*

COMMUNITIES

CURRENT WATERS



LOOR



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**SHARE THE STORY**





**POEM** — THIS LITTLE BOY

**LET YOUR STORY FLOW LIKE A**



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R.I.V.E.R.



- **INTENTIONALITY**

- **VULNERABILITY**

- **EMPATHY**

15



- **DECISION**

# RELATABILITY

**IT IS BEING ABLE TO CONNECT AND  
RELATE TO THOSE WE SERVE AND BUILD  
WITH. YOU SHOULD FEEL LIKE A REAL  
PERSON IN YOUR STORY, NOT A  
FANTASY.**





# INTENTIONALITY

**HAVE PURPOSE AND REASON FOR EVERY  
THING YOU SHARE. LET IT ALL HAVE  
MEANINGFUL CONNECTIONS.**



# VULNERABILITY

**LET YOUR STORY BE HONEST, OPEN, AND  
TRANSPARENT. SHARE FROM A SPACE OF  
LETTING OTHERS INTO THE STORY AND  
EMOTIONS WITH YOU.**



# EMPATHY

**HAVE DEEP CARE FOR THOSE YOU ARE  
SHARING WITH. FEEL THEIR EMOTIONS  
ALMOST AS IF YOU WERE FEELING YOUR  
OWN.**



# RESILIENCY

**TELL THE STORY OF OVERCOMING. THEY  
DESERVE TO HEAR YOUR VICTORIES, SO  
THEY CAN FIND THE HOPE FOR IT IN  
THEIR JOURNIES.**



**SHARE THE STORY**



**ONE KEY  
OBSTACLE IN  
EVERY RIVER ARE**



C.R.A.F.T.S.



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- **RESENTMENT**

- **ABANDONMENT**

- **FEAR**

- **TRAUMA UNPROCESSED**

- **SCARCITY**



**FROM RIPPLES  
2 WAVES**



# WHAT ARE YOUR C.R.A.F.T.S.

- **UNFORGIVENESS**
- **LONELINESS**
- **FAMILY SCARS**
- **FAILURE**
- **FEAR OF SUCCESS**
- **SURVIVORS REMORSE**

**OTHERS SUCCESS**



# QUESTIONS AND CONVO





**POEM – HELLO FEAR**

# CONNECT WITH ME

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28

