



WELCOA Institute for Wellness Studies

WELLNESS CHAMPIONS PROGRAM MANAGEMENT

Facilitated by Dr. Joel Bennett, Organizational Wellness & Learning Systems

Sharing Your Story



Step 1. Review Elements of a Story

1. **Sincere:** Authentic, genuine, heart-felt
2. **Purpose:** Ties to some reason, purpose, willingness, passion, drive
3. **Identity:** Relates to a value, your past, self-defining
4. **Pivot point:** key frustration, crisis, wake-up call, accident, advice, someone cared, referred, movie, book, hero, spiritual, “look in the mirror moment”
5. **Action:** Led to some positive action that persisted
6. **Willingness:** openness, vulnerability
7. **Inclusive:** Don't sell, proselytize, no “only this way”

(Continue on following page)





WELCOA Institute for Wellness Studies

WELLNESS CHAMPIONS PROGRAM MANAGEMENT

Facilitated by Dr. Joel Bennett, Organizational Wellness & Learning Systems

Step 2. Complete the Grid Below

In your own words...	
1. List areas of well-being most important to you.	
2. What makes you identify with being a champion?	Specific health areas, values, purpose, etc.
3. What happened in your past that fuels your potential as a champion?	
4. Identify a turning point or decision you made.	
5. List positive actions you have taken (intentions fulfilled, affirmations embodied).	
6. List positive outcomes resulting.	

Step 3. Find the best way to express your story; journal from the above; share with a friend you trust.