

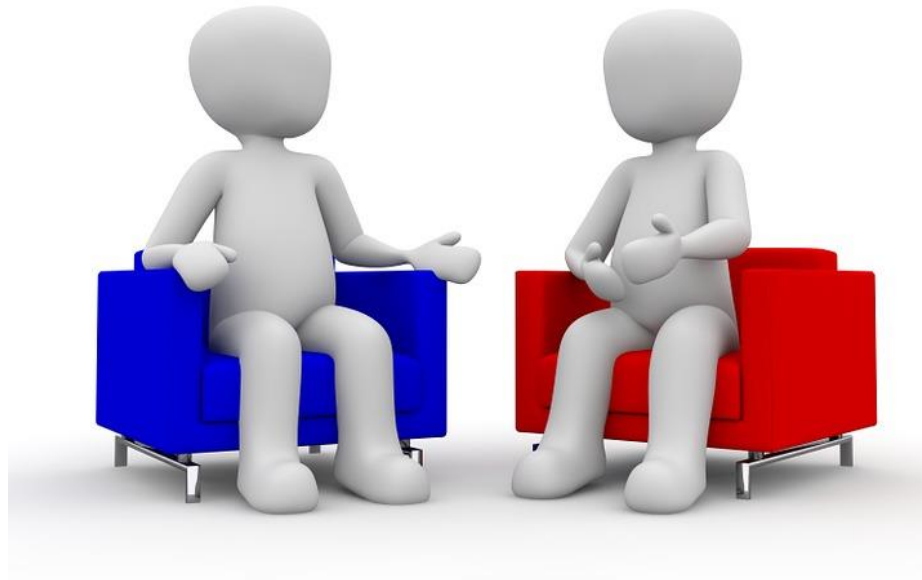
TELLING YOUR STORY

Mark Pedrotty, PhD

Rehabilitation Psychologist, UNM Carrie Tingley Hospital

DISCLOSURES

- None





OBJECTIVES

- Describe where you are now
- Practice telling your story
- Identify comfort in telling your story
- Identify elements of your story and when and how to share them
- Consider possible ways to improve the telling of your story
- Help others improve upon telling their story
- Advocate for yourself and others through the telling of your story

IMPORTANCE OF TELLING YOUR STORY

- Reflect on your strengths and weaknesses
- Clarify what is important to you
- Clearly talk about your competencies and what support you benefit from
- Master sharing your story as you want to tell it to others
- Become empowered in your relationships and work
- Increase confidence in advocating for yourself and others
- Heal
- Grow
- Inspire

IDENTIFYING THE NEEDS AND RECRUITING THE PLAYERS





CONTEXT

- Know Your Audience
- Respect Your Boundaries
- Be Flexible
- Be Safe
- Be Patient



SELF AWARENESS

- Draw a self-portrait
- Share your self-portrait with a partner, describe what how you are dressed, what you are doing, and how you are feeling.
- Switch
- Share with big group what it was like to share a sense of your self with another person.

NETWORKING

- Pair up for 10 minutes
 - 5 minute each, Take turns talking about your team, resources, activities, and any additional needs you have, see what, if anything your partner might have to offer, including comments about self-care.
- Share with Big group (10 minutes total) on
 - what resources and activities the two of you discussed,
 - what unmet needs there are, and
 - how well each of you did in incorporating self-care

THANKS

- Center for Brain Recovery and Repair, UNM School of Medicine, Department of Neurosciences, for Lunch and Refreshments
- Volunteers
- People living with brain injury
- BIAC
- Presenters
- NMBIRC
- UNM - HSC
- BIANM members
- BIANM Board

