

REAL EYES REALIZE "The Narrative Initiative"

Our **REAL Eyes Realize** podcast episode with **Vivian Canci Foulke** was a tribute to the work of she and the late Dr. Lorraine Dickey as part of "**The Narrative Initiative**". This model works for teams or individuals. #Kindness

The Write-Read-Reflect* Narrative Exchange Model

Write...read...reflect

▶ **Part I: WRITE**

- ▶ 3 minutes of **INFORMAL** writing

▶ **Part II: READ**

- ▶ Read **VERBATIM**. The W-R-R NES model purposely avoids opening comments and paraphrasing.

▶ **Part III: REFLECT**

- ▶ **Facilitator** will lead reflection on narratives including examining word and language choices of author
- ▶ **Participants** will practice listening without expectation, without judgment, and without bias

*Developed by Dr. Lorraine Dickey of The Narrative Initiative LLC

Write



Please take 3 minutes
to write about an experience you've
had
in your personal or professional life
where you felt it was
difficult or challenging
to communicate effectively
or alternatively
-write about an experience
you had
where you felt it was
easy to communicate effectively