

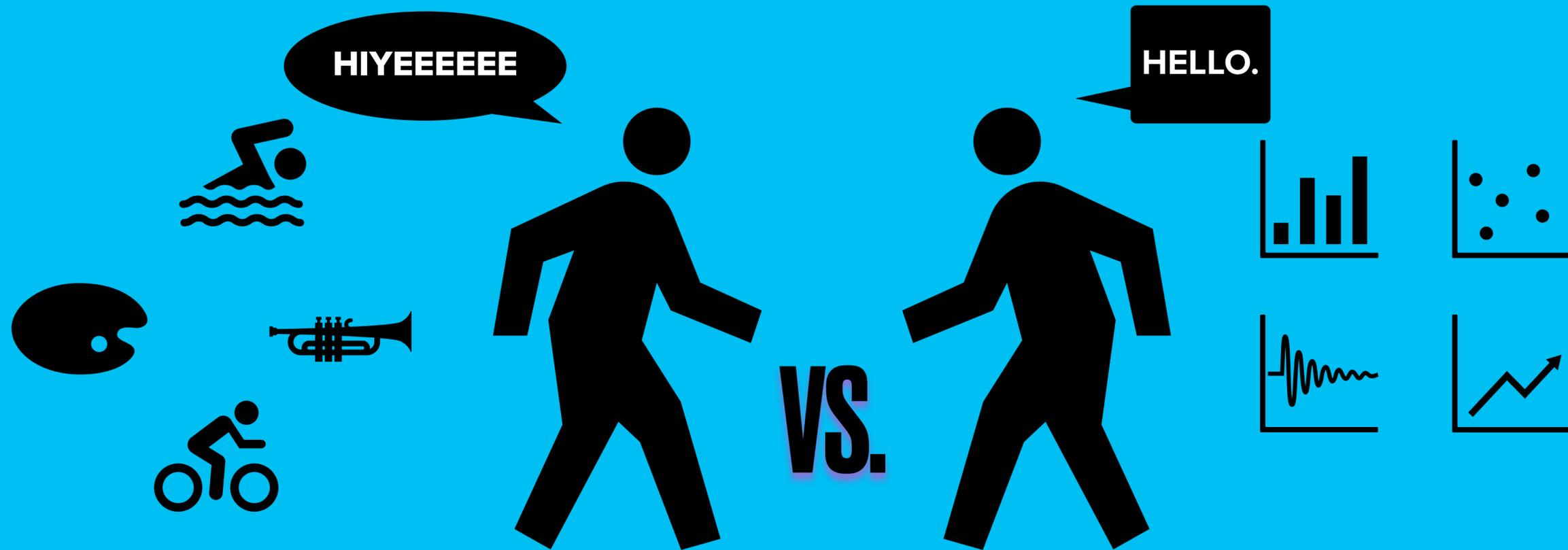
OVAL PRODUCTIONS PRESENTS

TELLING STORIES FOR ENTREPRENEURS

A Search for Opportunities through Storytelling Techniques

PART ONE

INTRODUCTIONS



YOU ARE MORE THAN WHAT YOU DO

“TELL US ABOUT YOURSELF”

Have clarity, and also be succinct

1. Your Name
2. What you do & How you Do it
3. Your interest

Introducing Your project and/ or business...

1. How did you notice the problem?
2. What was your “aha” moment?
3. How has it been going?

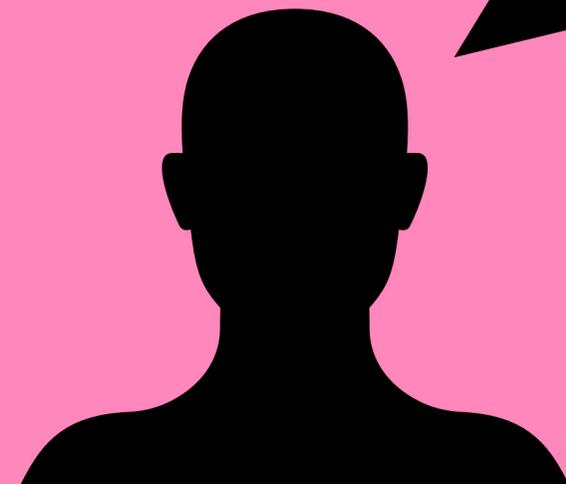
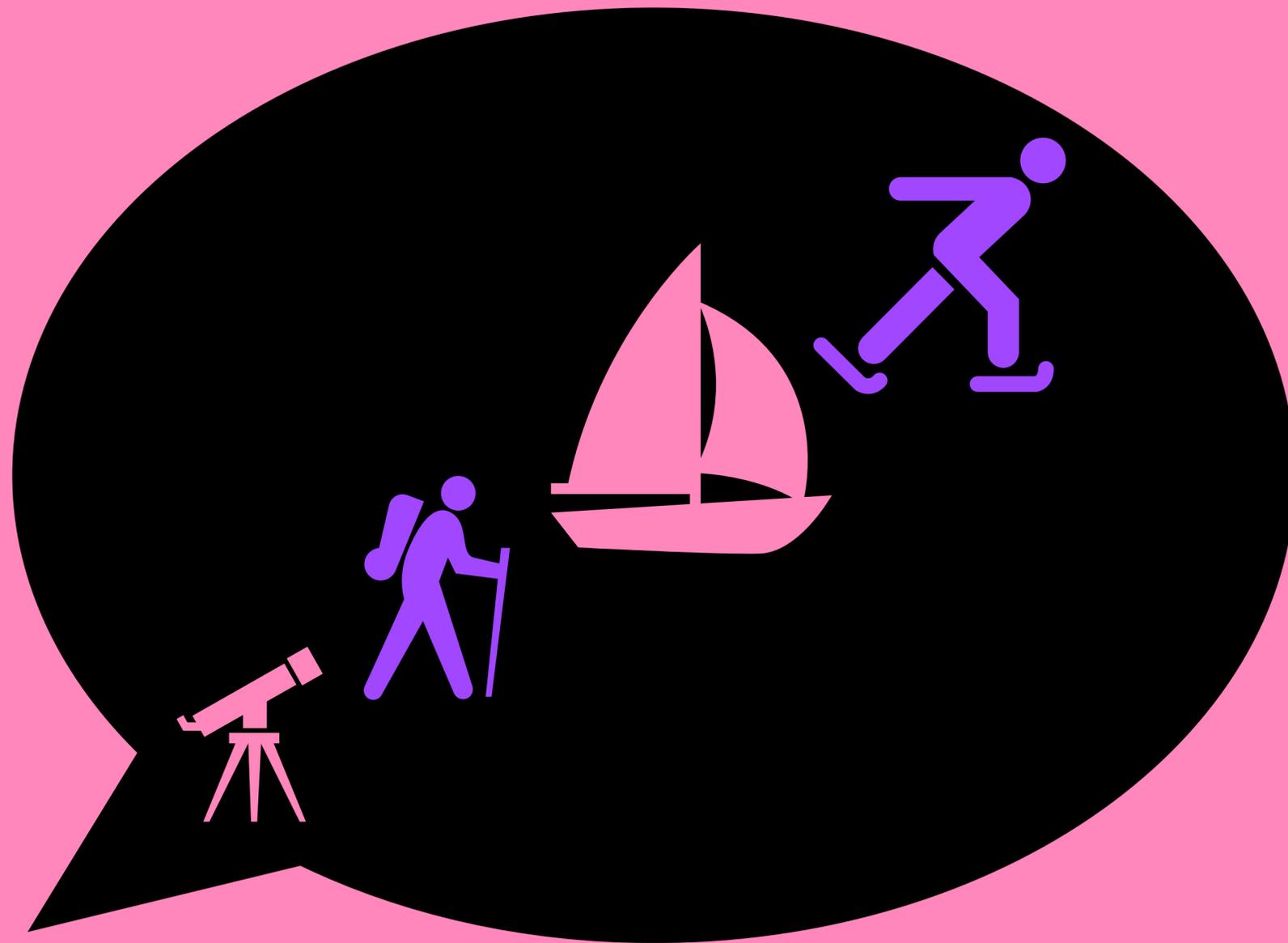
How can you ask people questions about themselves?

1. What are their interests?
2. What are their projects?
3. What is the next thing they are excited about?

How Might you invite people to be involved?

1. What would you love to see?
2. What does a good collaboration look like?
3. Who can you “steal “ from?

PART TWO.



TURNING DAY DREAMING INTO DAY DOING.

LISTING.

Take two minutes to list all of the things you want to do with your project/ idea or career



YOU HAVE BEEN GIVEN A GIFT.

LOOK AT YOUR LIST

Put your list under a microscope

What
excites you?

What do you
would make you
feel good about
you?

What have
you always
been curious
about?

If you could
only do 1-3
things on that
list what would
they be?

What parts
of the list
speak to
you most?

What do you
want to try?

Circle the most
important items
on your list

WHAT DO YOU NEED ?

NEW SKILLS

- Developing new skills
- Learning new trade
- Getting certified

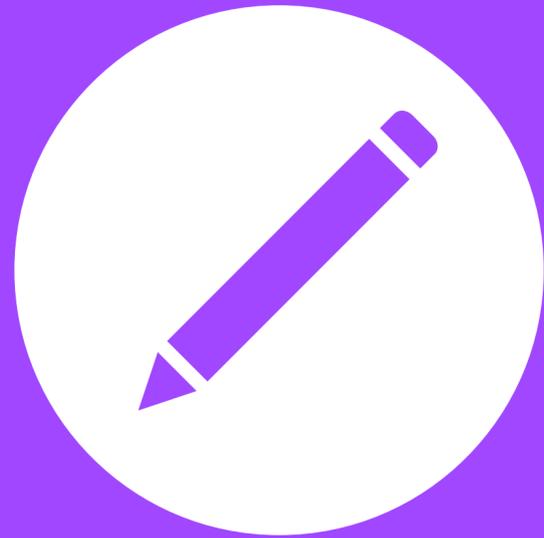
NEW PEOPLE

- Finding the “bus” people
- Making New Contacts
- Attending new/ virtual events

NEW MINDSET

- Putting the Biz 1st
- Knowing you’ll get there
- Being able to Pivot

PART THREE



SKILLSET



RESOURCES



NETWORK

SKILLSET



What are you capable of?

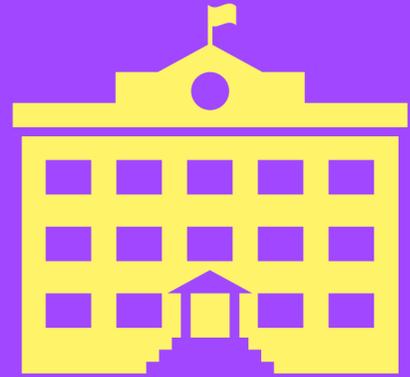


What are you great at?



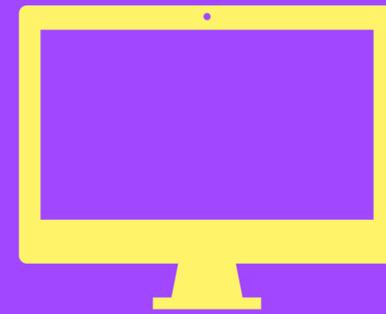
What is something that is easily transferable?

RESOURCES



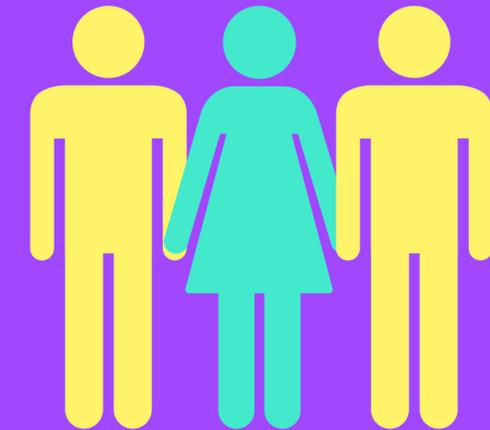
Places

Job centers
University career centers
Co-working Spaces
Government
Establishments/
schemes



Virtual

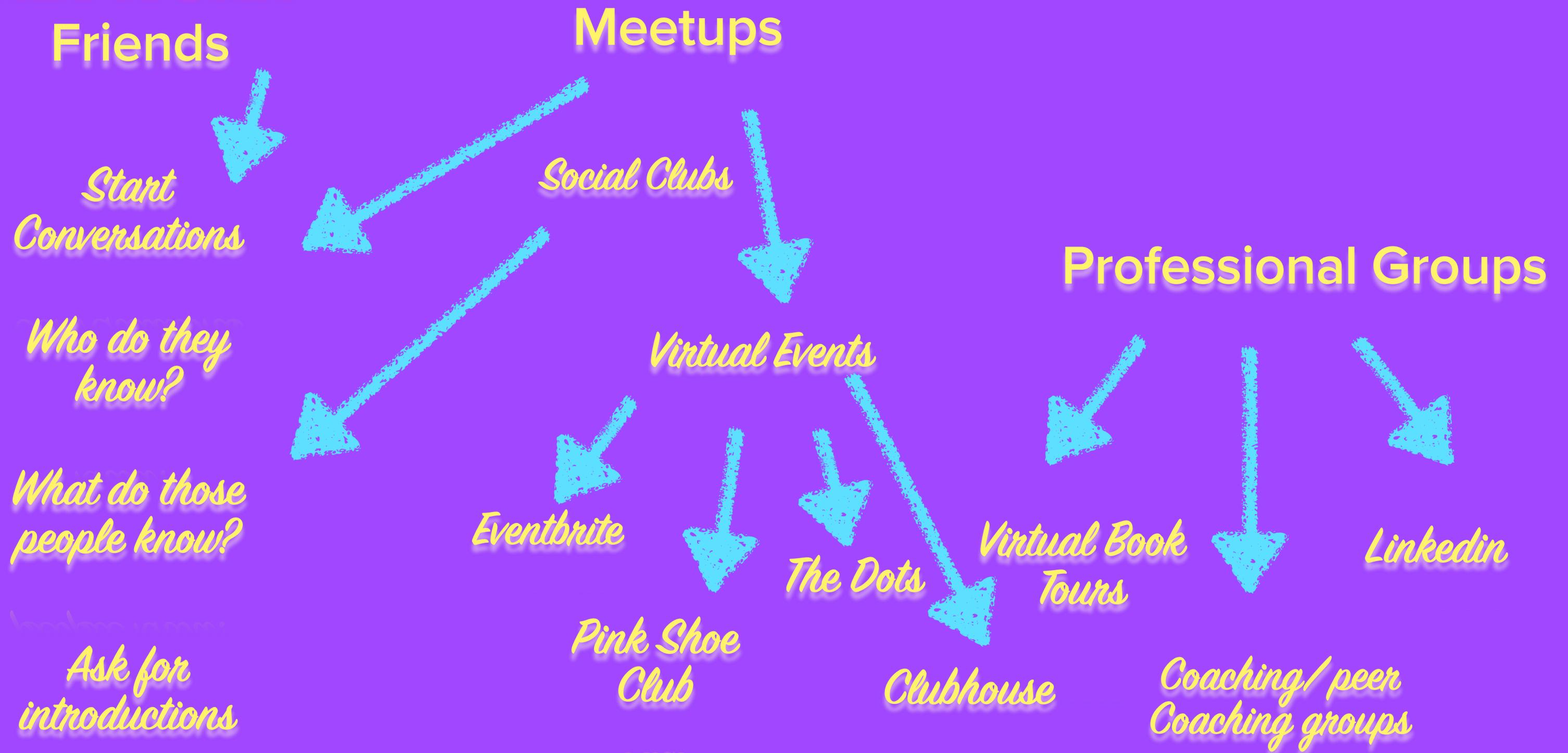
Virtual Assistants
Apps/ Tasks Rabbits
E-Marketplaces
Online Courses



People

Ask for help
Get in touch with
people who are
doing what you want
to do.

NETWORK



LinkedIn.com

www.linkedin.com

HEROES JOURNEY

RECAP ON THE HERO'S JOURNEY

Getting what they need, once and for all

Someone who wants something

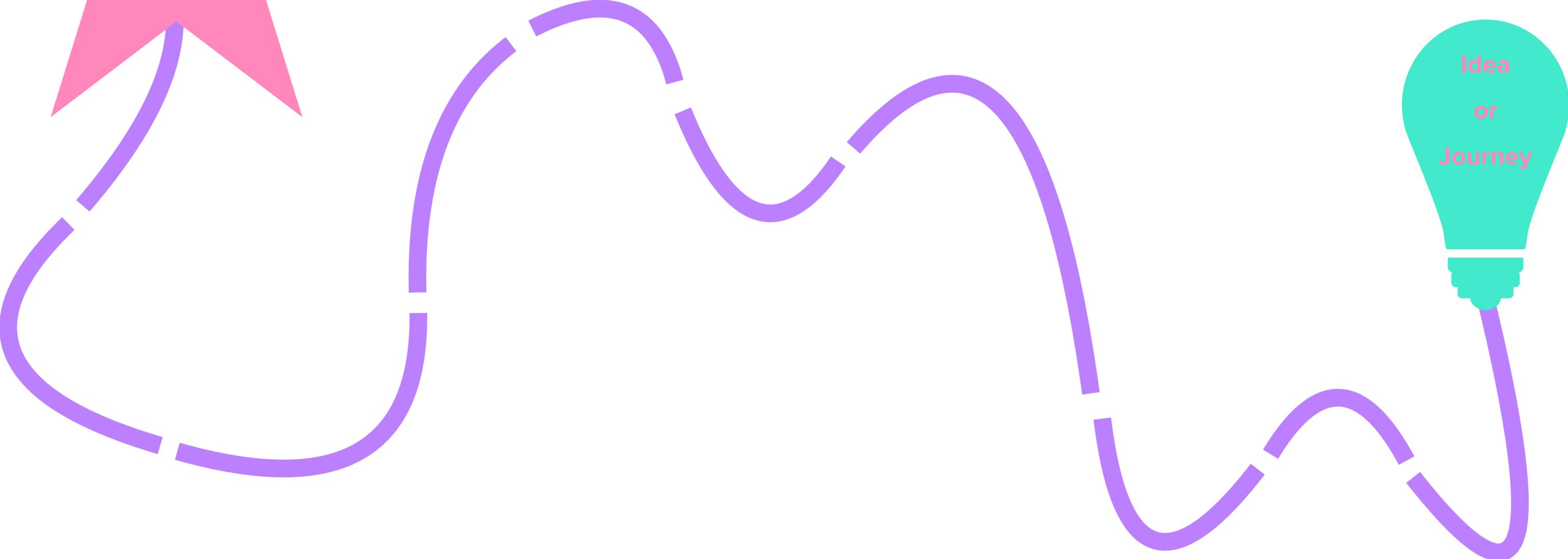
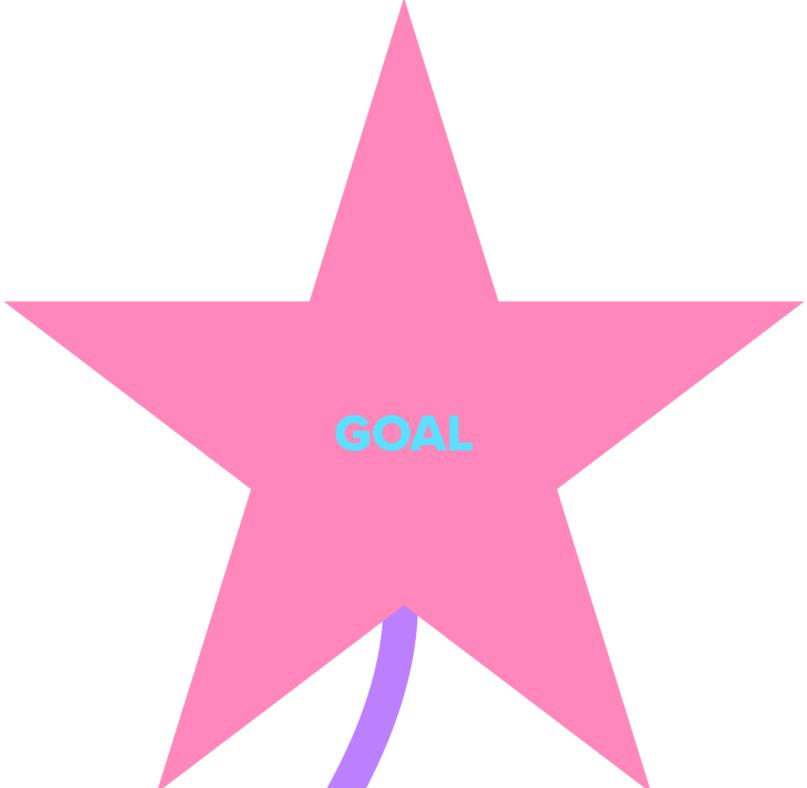
GOAL

And overcoming obstacles

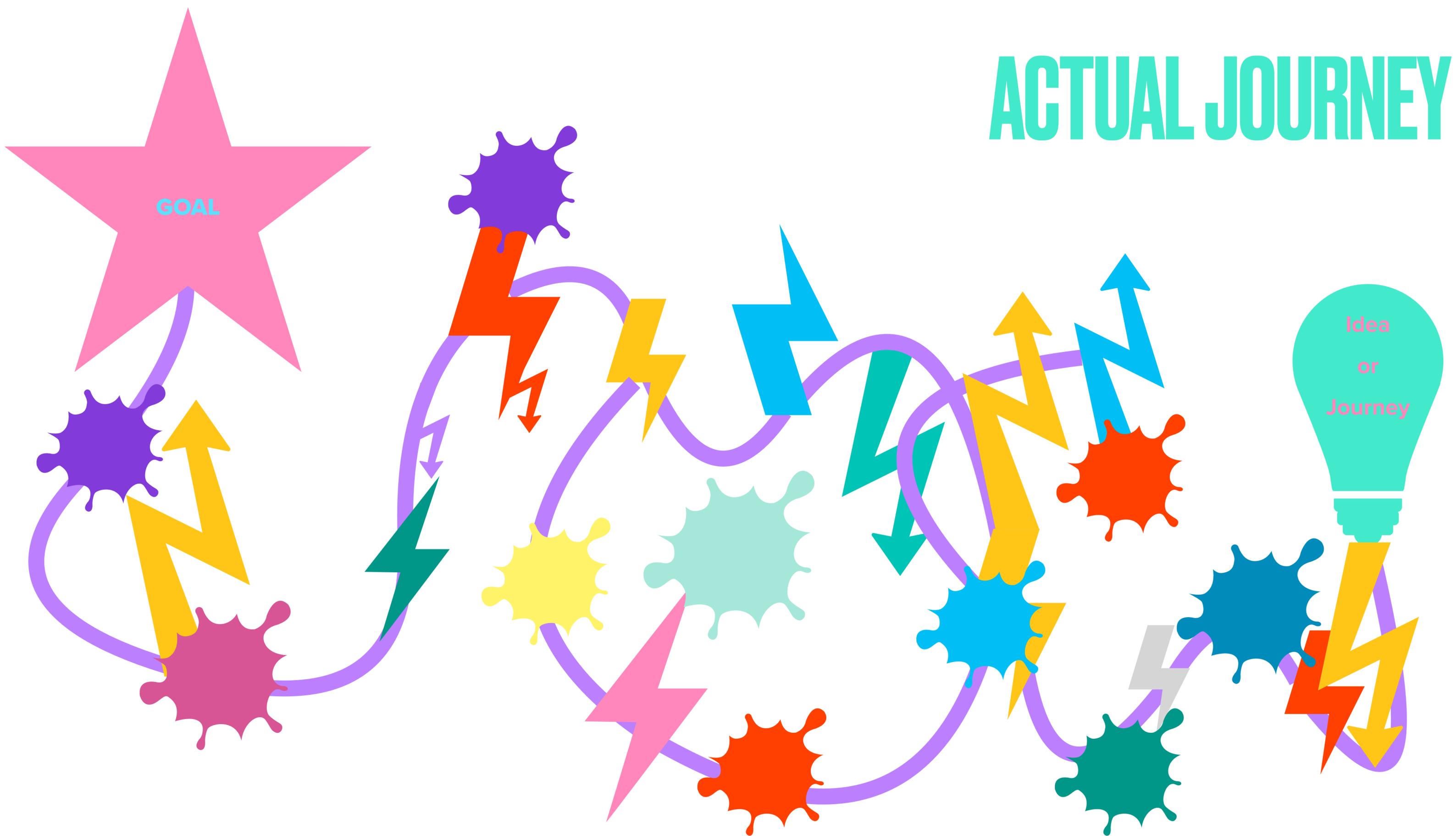
While facing conflicts

Who actively pursues it

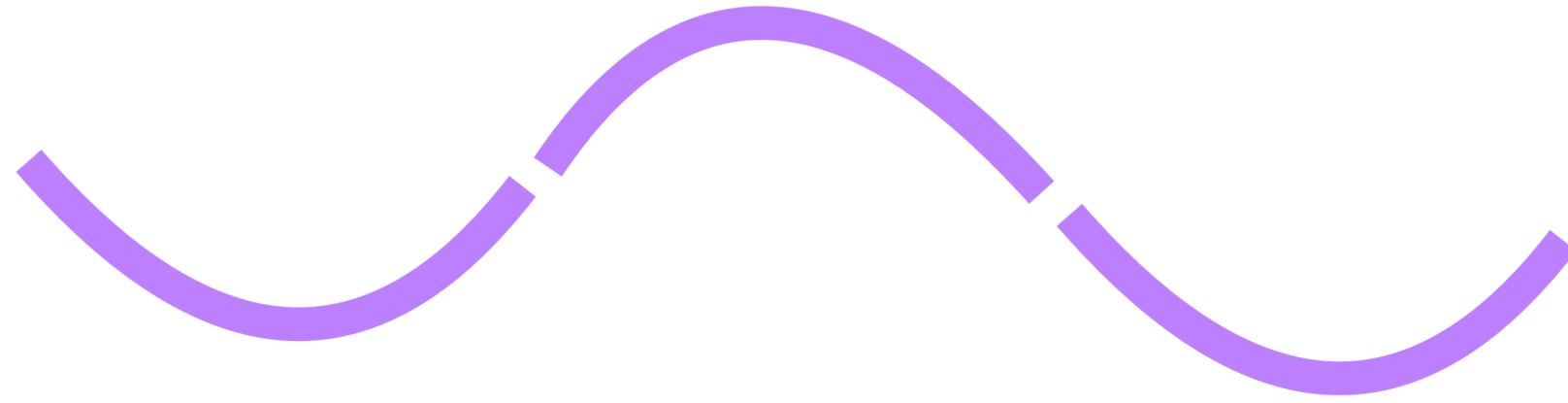
WHAT WE THINK THE JOURNEY LOOKS LIKE



ACTUAL JOURNEY



HOW FAR ALONG ARE YOU?



WHAT DO YOU NEED TO GET ALL THE WAY?



CONFIDENCE

THE 4C'S THEORY

STEP 1: COMMITMENT

A lot of times in life we wait until we “feel confident” before we do something. But that is not how we grow. Growing starts with committing to whatever your next wanted or needed endeavour is.

You have to decide first.



STEP 2: COURAGE

*Dan Sullivan explains that
courage:*

*"I want to tell you the difference
between fear and courage: Fear
is wetting your pants. Courage
is doing what you're supposed to
do with wet pants."*



STEP 3: CAPABILITY



Image; Dan Sullivan The four C's theory

STEP 4: CONFIDENCE



*Actors can understand the idea of courage
overcoming fear... but how they are able to get
passed this, is the whole idea of "rehearsal"*

CONFIDENCE CAVE

Your Hero's Cave is
your place of
transformation

What is your
source of power?

How will you
recharge?

What are the
strengths you need
to build while in the
cave?

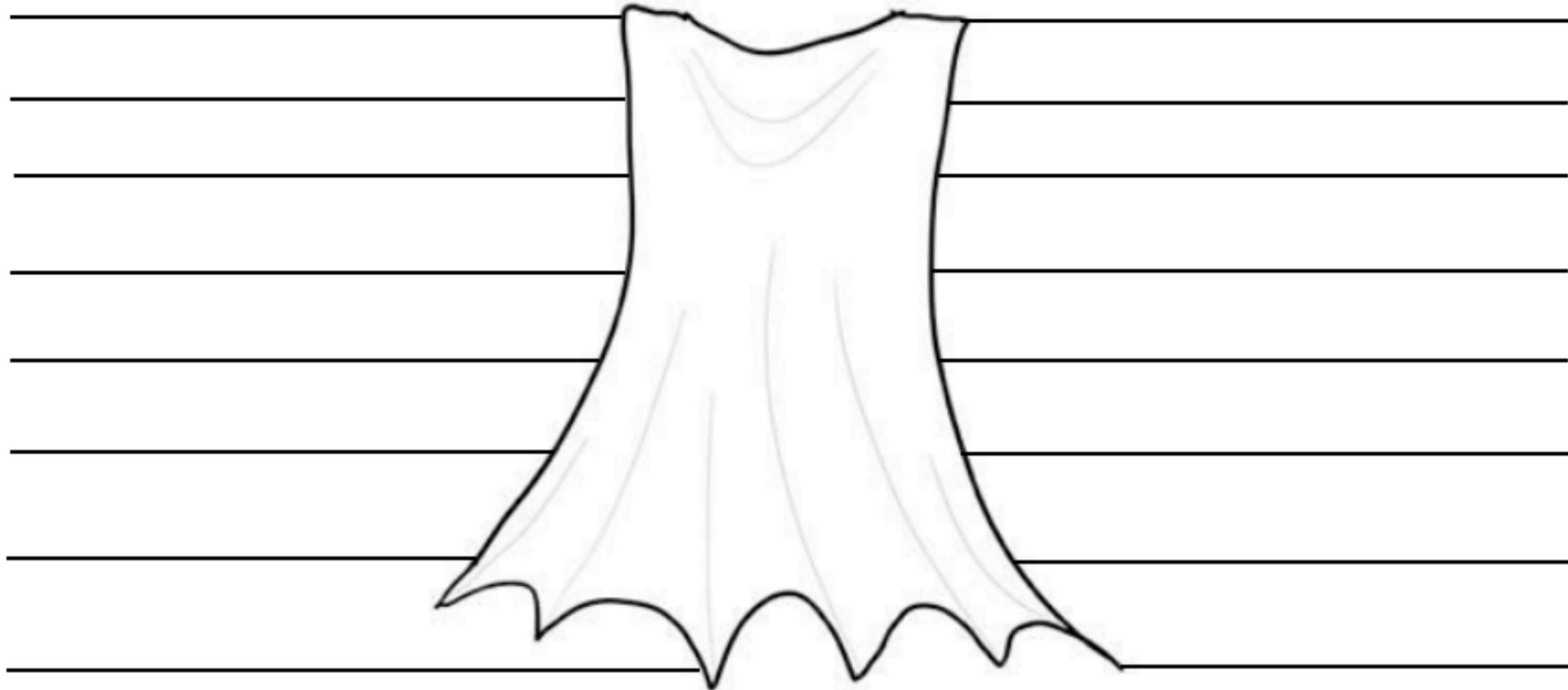
Are there people you need
on your team?

What are your
super powers that
need to develop?

What is the support
system you need to
put in place?

Is there a power
outfit that you wear?

CONFIDENCE CAPE



PART FOUR

Making your mind on your side



**“WHEN CRISIS AND DISASTER STRIKE, DON'T
WASTE THEM. NO PROBLEMS, NO PROGRESS.”**

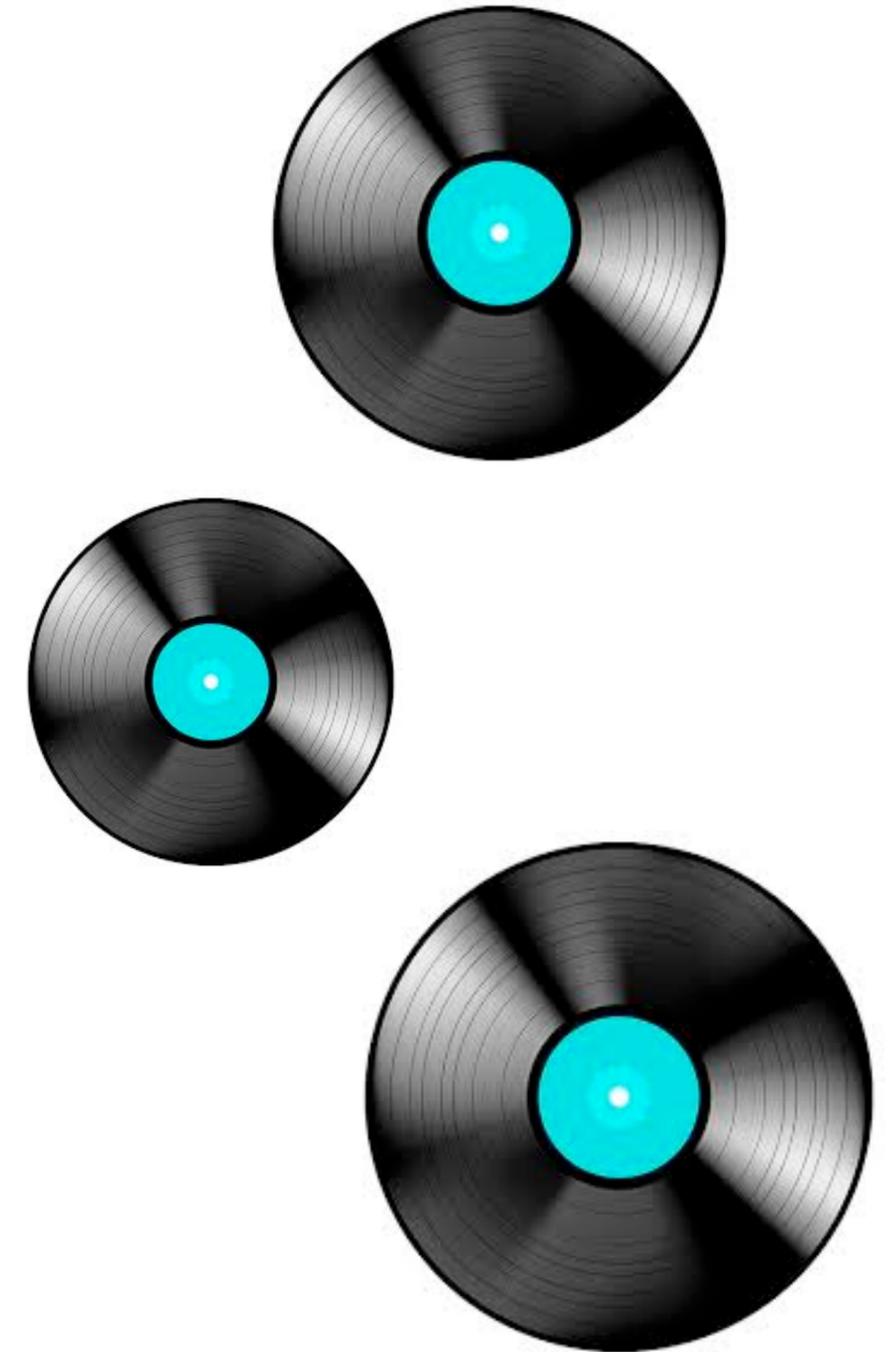
KEVIN KELLY

THE STORY OF THE BROKEN RECORD

Your brain at the status quo: Default Mode Network

"Rumination" is called rumination because the act of repetitive thinking is similar to the regurgitation of cud by "ruminant" animals such as goats, sheep, and cows.

Depressive rumination is the compulsive focus of attention on thoughts that cause feelings of sadness, anxiety, distress, etc.



WHAT DO WE BELIEVE ABOUT OURSELVES?

If you have to think about your own Default Mode Network, what are the things that are playing on repeat?

ASK

What does your “ruminations” say about your perception of yourself?

Are they depressive?

Are they positive?

TASK

Take a few moments to write down some of your thoughts about what you ruminate on?

Are any of these thoughts or beliefs *self-limiting*?

THE DICKENS PROCESS

What 3 limiting, old beliefs don't support you, your narrative, your career or who it is you want to be?

1. _____
2. _____
3. _____

THE DICKENS PROCESS

- * What has your belief cost you in the past, and what has it cost people you've loved in the past? What has it cost your projects or your career in the past?
 - * What have you lost because of this belief?
 - * See it, hear it, feel it.
- * What is each costing you and people you care about in the present? What has it cost your projects or your career in the present?
 - * What present opportunities have you lost?
 - * See it, hear it, feel it.
- * What will each cost you and people you care about 1,3,5, and 10 years from now? What will it cost your projects or your career in the future?
 - * What future opportunities will you lose
 - * See it, hear it, feel it.

THE DICKENSIAN PROCESS

- * What new beliefs will you start to work on in place of those limiting beliefs?
- * What new behaviors can you start to schedule and plan to create the life and path you want?

TINY HABITS

IN ORDER TO DESIGN SUCCESSFUL HABITS AND CHANGE YOUR BEHAVIORS, YOU SHOULD DO THREE THINGS. STOP JUDGING YOURSELF. TAKE YOUR ASPIRATIONS AND BREAK THEM DOWN INTO TINY BEHAVIORS. EMBRACE MISTAKES AS DISCOVERIES AND USE THEM TO MOVE FORWARD.

- BJ FOGG

TINY HABITS

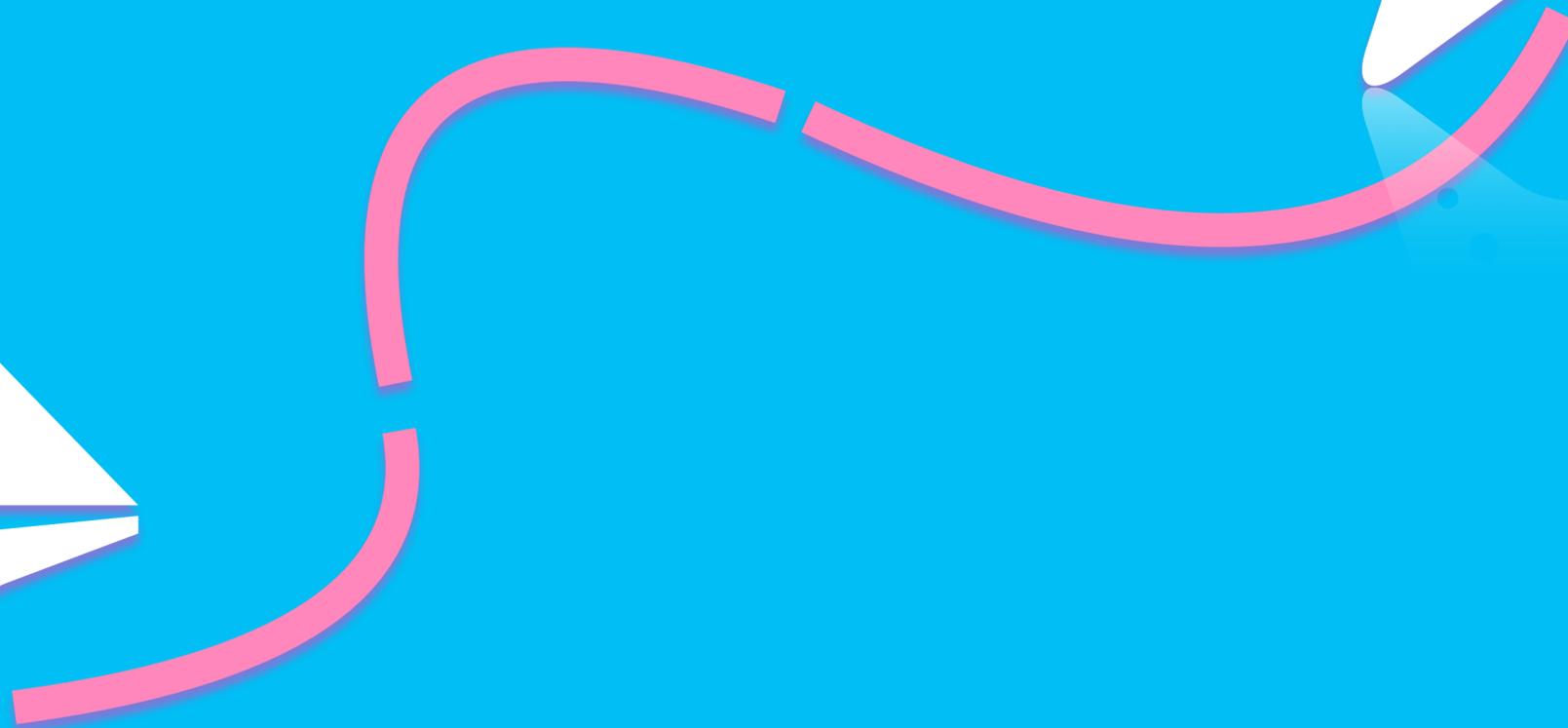
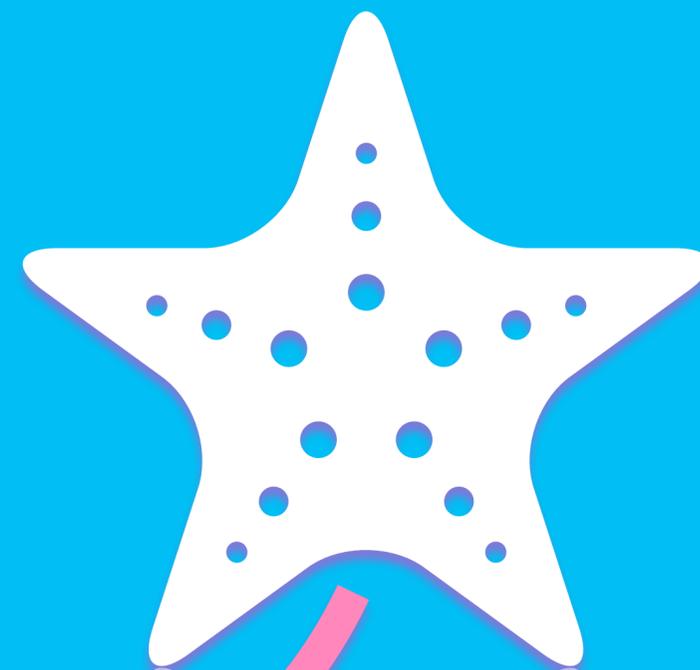
A. Anchor- Something you already do regularly

B. Behaviour- Insert this tiny new behaviour

C. Celebrate- Once you have done it, find a way to celebrate

PART SIX

INTO THE UNKNOWN



FINDING DIRECTION

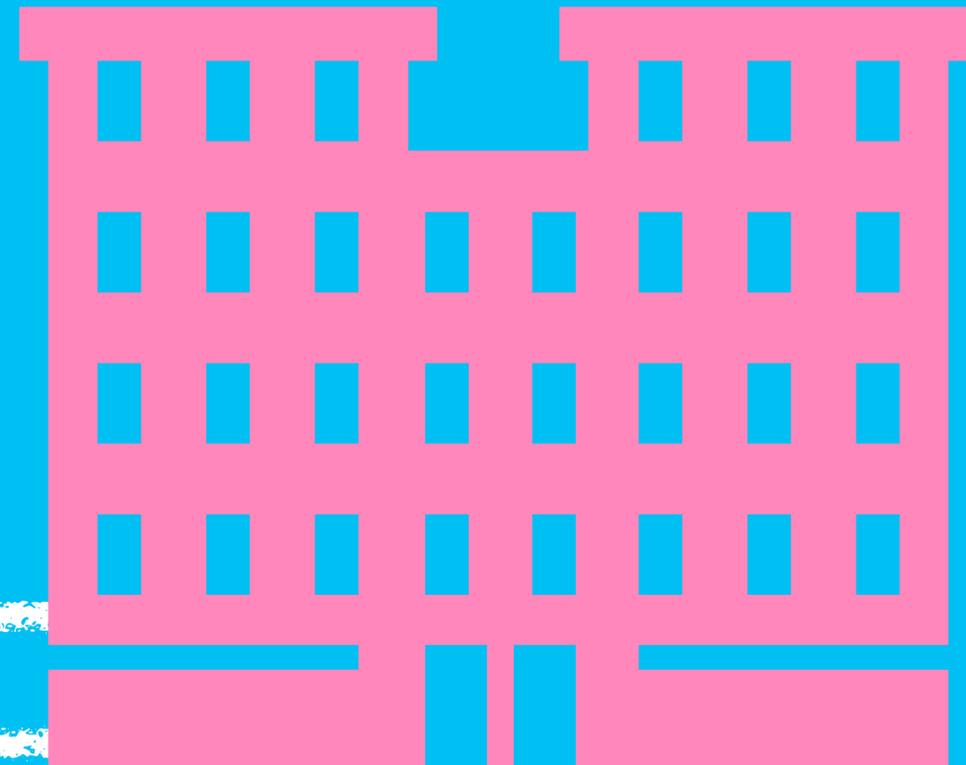
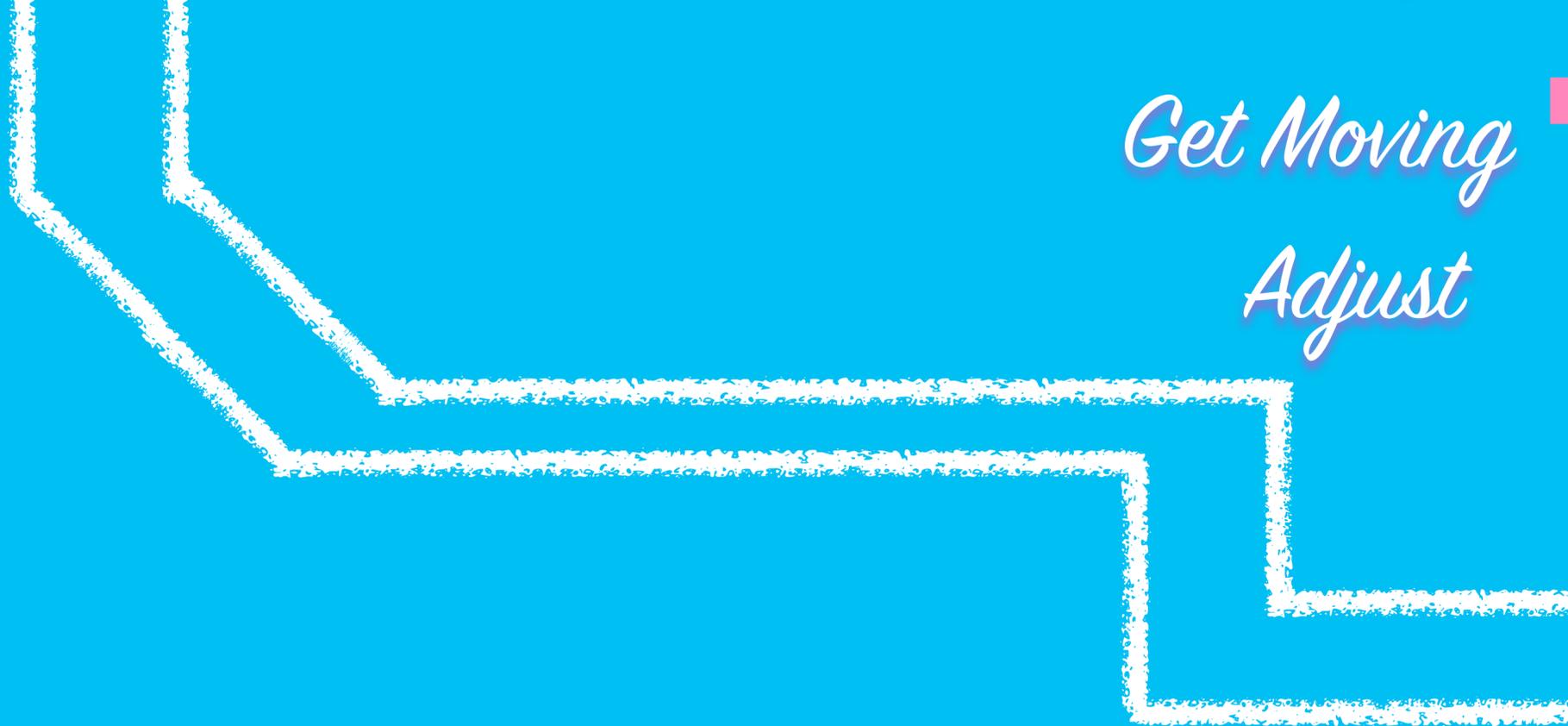
Determine Destination

Confirm Directions

Set the Course

Get Moving

Adjust



DIRECTION VS. NON DIRECTION

DIRECTION

VS.

NON DIRECTION

Patience for the future

Acceptance/ embrace Change

Growth Mindset

Comfort with trying

Knows Success is a stepping stone

Believes

Urgency in the Present

Comfort +/- Fear of Change

Conditioned Practicality

Fear of Failure

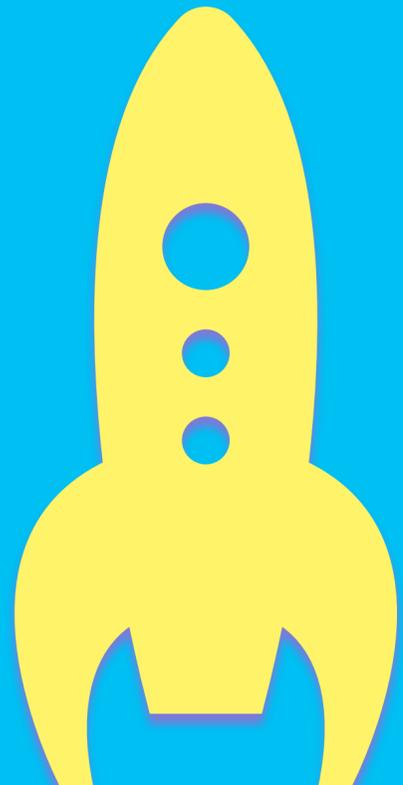
Fear of Success

Disbelief/ Lack of Permission

FAILURE IS AN EVENT... NOT A PERSON

William K. Brown

DEFINING THE LIFE YOU WANT TO LIVE



Your Mission

Design Your Life Essay

What you need:

Pen/ paper

Computer/ printer

Enough (uninterrupted) time

Energy/ focus

Healthy mood

How it works:

Imagine what your life could be without fear

Dream big- Don't hold back

Go into details

Write in full sentences

Don't edit yourself.

Keep writing until you have nothing left to write.

Design Your Life Essay

The time is March, 2031

What does your life look like?

What are you doing?

Where are you living?

Do you have pets?

What kind of house are you in?

Is it an apartment? A House? Are you

in the city? The country?

What does your furniture look like?

What is your bed like? What are your

sheets like?

What kind of clothes do you wear?

What kind of hair do you have?

Tell me about your pets.

Tell me about your significant other.

Do you have children? Do you have a

car? A Boat?

Talk about your career. What do you

want? What are you reading? What

are you making? What excites you?

What is your health like?

Write this day, this one day.. 10 years

from now.. What does your whole day

look like?

Write like your life depends on it.

Design Your Life Essay = Your Life with Direction

Once you are finished... Go back and read it once a year

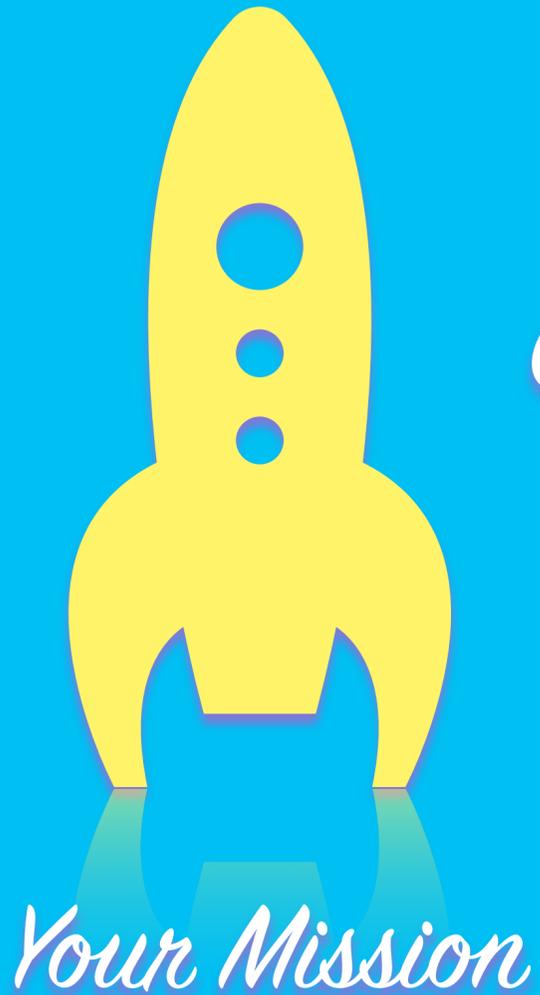
Double check your Destination

Confirm Directions taken

(RE)Set the Course

Keep Going

Adjust



Your Mission

Your
WHAT IS ~~THE~~ STORY OF THE FUTURE?

ashley@ovalproductions.com

ovalproductions.com