



100 Million
Healthier Lives

Story of Your Name, Your Community, Your Gifts developed by Center for Courage & Renewal

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Sharing in Pairs

10



- Speaker: share what you wish, keep private what you wish
- Listener: open yourself to listening deeply, with your whole being
- Switch roles when facilitator signals.

Story of Your Name



Tell the story of your names, all of your names

- How were you named?
- Who named you?
- How do you feel about your name?

When you tell the story of your name, you tell the story of your people, your family, and how you feel about your names.

For small group partner intros: Ask for permission to share a detail about their name then “This is my new friend ____.” (and one detail about their name)



Tell the story of your community, however you define “community”

When people tell the story of their community, they tell the story of how they live as part of a group.

Where are you from?

How do you greet those in your community?



Tell the story of your gifts

- What do you love to offer?
- What about yourself do you enjoy giving freely?
- Can be seen as “bragging on,” which in many families and cultures is viewed as not appropriate.
- Focus on your gifts (what’s natural to you), rather than your skills (what you’ve trained)

Imagine what your community would be like if it were gift-based, rather than skills-based.

Ask for permission to share one gift with larger group.

Thank you!



Acknowledgements

We want to thank Puanani Burgess, community building facilitator, storyteller, trainer, consultant and cultural translator in Hawaii, for allowing Estrus Tucker, Center for Courage & Renewal facilitator, to offer this adaptation of her exercise called “Guts of the Table.”