

Lifeline Activity Guide

You will be asked to share your lifeline to other group members. The purpose of this activity is for self and colleague discovery.

Your Task

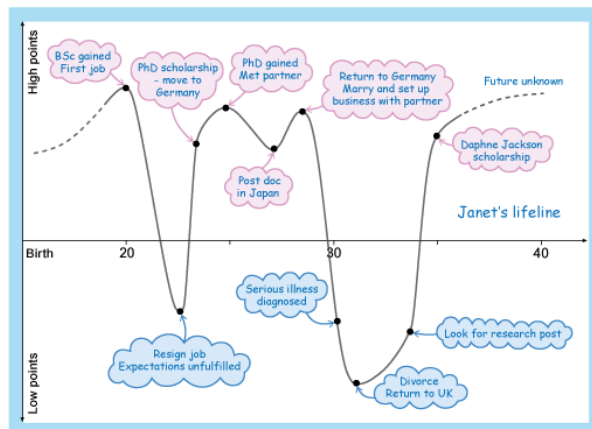
Prepare your **‘story of self’** to share with your colleagues with a key focus on **‘what significant moments in my life have shaped me as a leader, and what does this mean for me now?’**

Notes:

You can go back as far as you wish – **you will have 6 minutes per person**– you can be as creative as you wish in the method you use to share your story...

Where you start in your life journey is up to you. However, do go back far enough to explore your context and formative years as this will help you to consider how you currently show up as a leader and the impact you have on others within your system.

You can represent this in any way that makes sense to you. A visual example is below. However, there is no set format and no right or wrong – it is your story!



Think about the important people and the most influential experiences over the course of your life so far and what this has meant for you.