

# Storyboard

## Finding a way forward

# Why creative techniques?

Creative techniques offer a different way of exploring motivations, emotions, feelings. Especially in times of change and transition creative techniques can help to deal with an uncertain, unpredictable future. Some coachees and mentees will find it very difficult to formulate concrete, **realistic** goals. A creative technique can help to activate different parts of the brain and help to create a way forward.

## **Limitation:**

Most people do not believe they are creative and feel limited when comes to drawing or creative writing.

## **Advantage:**

Creative techniques can offer a non-directive form of support where the coachees/mentees can experiment with different forms of expressing themselves. Creating visual outputs can be liberating and a reference for future mentoring/coaching conversations.

## **Target audience:**

Creative techniques are not for everyone. Storyboards offer time and space to think about what the future could look like and help to develop a sense of control about the coachee's/mentee's own story.

## **Expected outcome:**

A storyboard offers a visual to reflect on, identify action points, offers orientation, can contribute to become unstuck.



# Context

## Storyboards

- Create a visual 'action plan'
- Represent a preferred story
- Can be used in situations where coachees/mentees find it difficult to formulate realistic goals and clear direction of what should happen in their lives

## Storyboards

- Can be a first draft of a still unclear future
- Can help to identify activities to move forward
- Can contribute to overcome language barriers
- Can help to manifest what is important and relevant for the mentees/coachees



# Storyboard

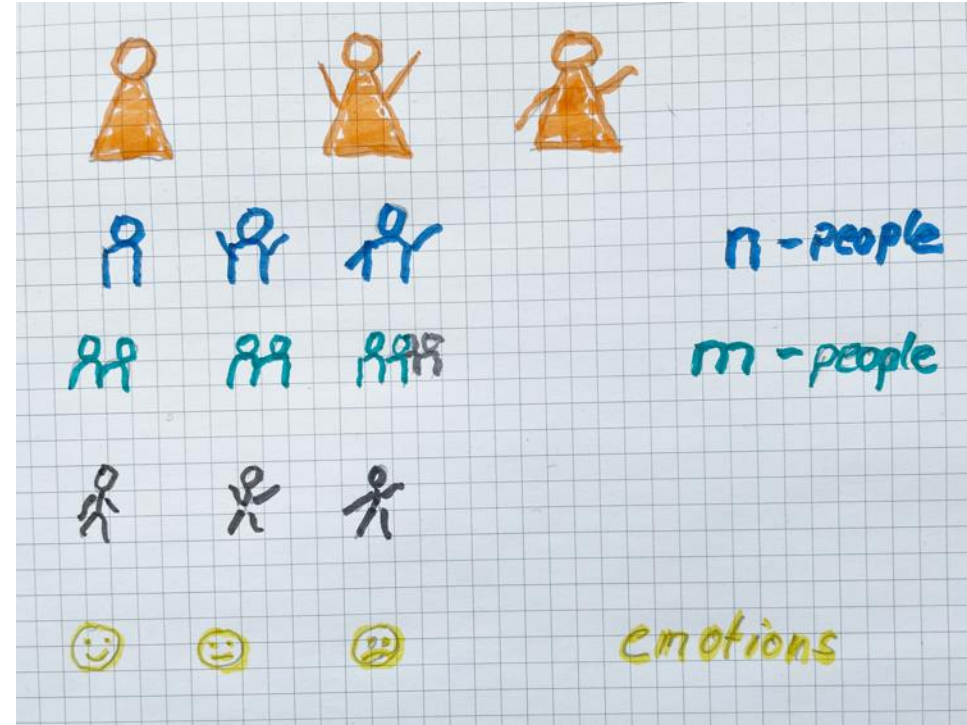
- Start by drawing 6 boxes. The first box is the starting point the last box the end point (of the story)
- All boxes contain graphic elements **and** 1 (!) word, preferably a verb

<b>START</b>	<b>ACTIVITY 1 VERB</b>	<b>ACTIVITY 2 VERB</b>
<b>ACTIVITY 3 VERB</b>	<b>ACTIVITY 4 VERB</b>	<b>END</b>



# Start by drawing people and emotions

- To draw people you can use stick figures, A-people, n-people or m-people
- To draw emotions you might want to use smileys
- Use different coloured markers, pencils
- Remember: this is a draft, no need for perfection!



# A way forward

## to coddiwomple

- *To travel in a purposeful manner towards a vague destination*

### Tip:

- You don't need to know exactly where you are going
- It is perfectly ok to experiment and find out what the destination will look like as you move forward
- Expect the unexpected, a surprise element, as you go along.
- Ideas and solutions will present themselves



# Storyboard: example

How to *coddiwomple*? →

What can you do (activities) to get to the endpoint? →

How do you feel along the way? →

Use one word to describe the activity, preferably a verb →

The empty frame represents an element of surprise. You don't need to know what it is now! →

Black box, when you don't know how the endpoint looks like →

How do you feel when you get there? →

Storyboard panels:

- Panel 1: **START**, stick figure, question mark, smiley face.
- Panel 2: **TALK**, stick figure, speech bubbles, people.
- Panel 3: **WRITE**, stick figure, book, empty yellow frame.
- Panel 4: **WALK**, stick figure, mountain, sun.
- Panel 5: **EXPERIMENT**, stick figure, group of people.
- Panel 6: **END**, stick figure, black box.



# What next?

**Use the storyboard as a reference in future coaching and mentoring sessions.**

**Ask your coachee/mentee to describe their storyboard and to find their own way to present it.**

**Encourage your coachee/mentee to tell and own their story.**





# More information: YES! Thinking Space

<https://youngentrepreneurssucceed.com/thinking-space/>

