

The Success Story Spiral

This concept is inspired by the hero's journey. You can find the basic principles of it in any story of fairy tales, films, books, advertisements and also in your own stories, personal or work related (look at this nice video, which explains the concept in a playful way: <http://t1p.de/heroj>).



What's more, the hero's journey is iterative: There is not only one adventure in our life, there are myriads of them – and we can use experiences from these, apply capabilities we gained or evolved. This process is also an essential part of every single story: We need to reflect basic ideas and steps towards our goal, and it is important to evolve them.

The Success Story Spiral consist of seven steps:

Get **M**ore **P**ersonal **S**uccess **C**ontinuously **R**ight **H**ere

- 1. G**et a Great Goal, a clear intention of what you want to do
- 2. M**anifest your Main Motivation, a good reason for why you are doing it
- 3. P**ut together a Personalized Plan, for how you are going to tackle your goal.
- 4. S**et up a social Support System consisting of people who will accompany you in your efforts.
- 5. C**alculate the Customized Cost: Success means giving something up that you value in exchange for something else that you value more – it is the moment of sacrifice every hero must go through.
- 6. R**isk a Rapid Review: Adjust your plot and characters to based on a reflection of what happened till now.
- 7. H**ands off! — this is where you let go and allow the universe to conspire in your favor.

Pig catching

“When pigs fly” is a figure of speech that says something is completely impossible, even unthinkable. For example:

For us a flying pig is the moment of insight that brings shift and transformation in our clients, students, participants, ourselves... (See this short video for more details: <http://f1p.de/pig1>)

Join us in our quest! We will not only look for flying pigs, we will also research ways to catch them, integrate them in our work and our lives with the help of methods and inspirations from the fields of Applied Improvisation and Strategic Narrative Embodiment.



Applied Improvisation: This term is used as a term to describe applying improvisational methods in various fields like consulting and corporate training, facilitating (workshops, team trainings, meetings, conferences...), teaching, coaching, researching, generating or evolving ideas and designs, theatrical training and playing, medical and therapeutic settings or in social work. (For the historic development and examples of Applied Improvisation see this Wikipedia-article <http://f1p.de/applied>).

Strategic Narrative Embodiment (SNE) is an applied theatre methodology that has been developed for application in leadership and organisation development contexts. SNE translates the transformational effect, story shaping and ensemble skills of stage performance into the language of work performance. It functions particularly well as a methodology for mindfulness training, change agility, team development, innovation, leadership development, strategic planning and relationship selling. (you can find more background information here: <http://f1p.de/sne>)