



**March 2016**  
**Carolyn Harris**

**Presentation:**  
**Telling Tales - the story  
of your life**

This presentation is about exploring the value of telling our tales, the importance of starting now and who benefits from our tales. The focus is on what legacy we are leaving our future generations and how to get started on it. Carolyn Harris founded Telling Tales to ensure people's life stories do get told. Her work in life stories began 22 years ago with the first documentation of a client's life story through to publication. Since then Carolyn has been involved in many projects and, in particular, several years recording life stories for patients at the South Auckland Hospice. Recognising the therapeutic value of telling one's tales Carolyn works with rest homes to promote the residents' individuality through Life Posters, a tool that has proved effective in the communication between staff and residents. Carolyn's own experience of family stories gone untold has further reinforced the importance of telling our tales sooner rather than later.