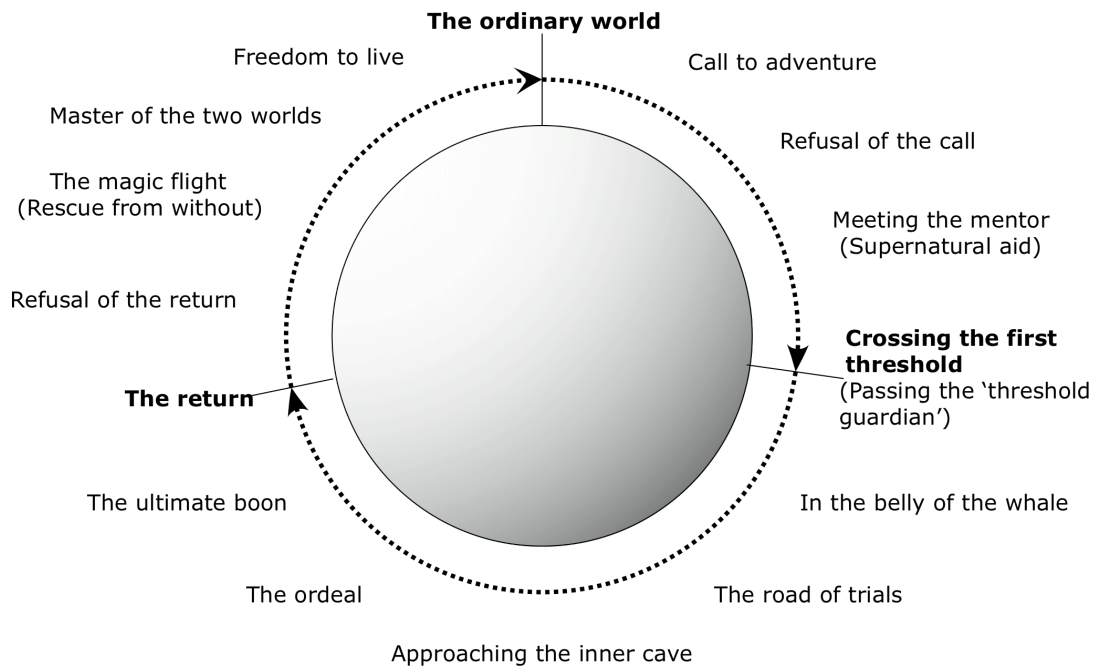


The Hero's Journey

Adapted From Joseph Campbell's *The Hero with a Thousand Faces* (1949)



Reflective Activity:

The Hero's journey forms the heart of many stories and movies made within Hollywood and beyond. It originated from Joseph Campbell's work exploring world myth and though Campbell wasn't a psychologist his Hero's journey framework appears to reflect many of the psychological truths that occur through a journey of change.

Looking at the figure above, if you consider a recent movie you have just seen, can you see this structure forming part of the unfolding of the story?

In your own life, using the framework of the Hero's journey, what story can you tell?

How could you utilize this framework to work with a group/organization to tell its team history and journey?