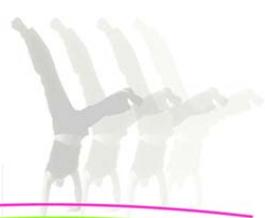


# Flock of seagulls...



## Story adapted from the original.

Once upon a time there was a flock of seagulls living on the coast.

Every day they would walk down to the quayside to catch fish, and then walk home again (usually via the pub) in the evening.

One day a young seagull was walking down to the quay when a gust of wind ruffled his feathers and lifted him off his feet and "scooted" him several metres down the road. Shaken - but not stirred - the seagull continued on his walk when - again - the wind caught him and lifted him into the air.



This time, he flapped his wings in panic to try and regain his balance; to his surprise his wing-flapping caused him to go up in the air and suddenly - he was flying!

This was a new experience for the seagull and he began to experiment with his new skill - flying loop-the-loop, trying death-dives and all manner of acrobatic stunts. He loved it!!!

After a while he landed gently in the village square and rang the church bell to summon the rest of the flock; all of the other seagulls walked up from the quayside and from their homes to see what was going on.

"Watch this" said the young seagull, flapping his wings and taking off; he gave an aerial display showing off his new skills, laughing and shouting with excitement as he looped and swooped over their heads. One by one the other gulls joined him, first tentatively and then with real enthusiasm, and soon the whole flock of seagulls was flying over the town, dive-bombing one another and laughing and shouting encouragement as they became braver and more confident.



After a few hours - as it was getting dark - they all landed in the village square, tired out from all their flying and full of excitement.

"That was the best day ever" said one of the older seagulls...

"I haven't had so much fun in years" said another.

They were all "on a high", excited and delighted with their newly-discovered skills.

And then .....

....they all walked home.....

Q: How often do we develop new skills (learn to "fly"), only to revert back to our "walking" state?

Trainers: This is a great story to end a session with!

More metaphors and similar-style stories can be found in Nick Owen's books "The Magic of Metaphor" and "More Magic of Metaphor".