

*Red Wine & Blue*

# **Crafting your Story of Self**

# STORYTELLING...

- Is how you share with listeners how you got from where you started to where you are today
- Should highlight details that the listener can relate to or connect with personally
- Should incorporate not only yourself but the collective “us” and what we value as well as the urgency of “now” as the time to take action.

Storytelling is about how you share lived experiences with others to help them relate to you – all about making **connections**.



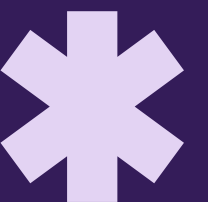
# COMPONENTS

## A GOOD STORY SHOULD....

- Use details, feelings, emotions and senses to bring people into moments
- Connect with listeners by helping them to understand how you made choices and empathize with these moments
- End with your “why” and how doing what you are doing brings you hope



Stories are crucial to sharing your experiences. Remember...people can argue with an issue or policy but can't argue with your **lived experience and story!**



 Story of Us: Susan Christopher Share



Watch on  YouTube



# Susan Christopher Story



# THREE PARTS

<b>SELF</b> Tells WHY you have been called to act.	<b>US</b> Tells why WE need to act together	<b>NOW</b> Tells why it's urgent to act soon
Challenge Choice Outcome	Who Together Invitation to join 	Action Hope Join me

**PUTTING IT ALL TOGETHER**

# **CRAFT YOUR STORY**

- Write it all out in copy or bullet points
- Review it and edit
- Practice saying it - share it with a friend
- Commit it to memory
- Tell your story to an audience...maybe at your next group meeting?





# QUESTIONS!

If you get stuck, let us know!



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