



(Effectively) Sharing Your Story to Create Change at Work: Learning Session Overview

Background:

Author Rudyard Kipling once said that, “If history were taught in the form of stories, it would never be forgotten.” His point – that stories (and especially personal ones) can be memorable, powerful, and motivational – is evident everywhere we look. Consider this: Learning the facts about the civil rights movement is engaging, but when we hear the story of Rosa Parks refusing to move to the back of the bus, the details become real and inspirational. When people tell their personal stories, they have the power to help others understand their beliefs and often re-examine their own perceptions about an issue or situation.

This highly interactive training leads participants through an examination of the power of the personal story in our own lives, translates this examination into the case for why telling our stories about why LGBT inclusion at work is critical, provides skill-building tools that help participants develop their own stories to inspire change, discusses the multitude of ways stories can be used at work, and offers a chance to share stories and receive important feedback to refine our personal tales.

Learning Session Outline:

1. How are stories part of who we are? Brainstorm and discuss the kinds of stories that have taught us about our worldview, how we see different issues, and how we approach other people.
2. Introduce the key theme: When told effectively, our personal stories can transform the way people see each other, their differences, and their similarities. Stories can build the bridges to appreciation of diversity and inclusion better than statistics ever can.
3. Talk about the kinds of situations in which we can effectively use our personal stories to bridge gaps in the workplace.
4. Discuss the key elements of effective building personal stories and develop your own narrative using the story arc.
5. Review some basic tips for developing an effective storytelling style for person-to-person conversations as well as in presentations to groups.
6. Create and share your two-minute story and get feedback from other participants.

Session Length: 90 minutes

Target Audience: General audience

Participant Materials: PFLAG’s Sharing Your Story workbook, Equality Literacy terminology guide

For more information on this session, contact Jamie Henkel, Equality and Diversity Partnerships Manager, by e-mailing jhenkel@pflag.org or call (202) 467-8180 ext. 210.