



Sharing Your Workplace Story to Create Change

Session Description:

PFLAG National believes that when we share our personal stories, we can transform the conversation about LGBTQ+ equality. And while everyone has a story to tell we're rarely taught to share our stories effectively. In this learning session participants will identify and develop their workplace stories about LGBTQ+ inclusion. They'll also have an opportunity to share their stories and receive peer feedback in a supportive environment. Session materials include a customized storytelling workbook.

Content Overview:

A well-crafted and confidently delivered personal story about LGBTQ+ and ally experiences in the workplace can be one of the most important resources in any changemaker's toolbox. Leveraging PFLAG's more than 50 years of experience, this session will:

- Introduce the many ways our personal stories can transform the way people see and relate to one another and help to bridge gaps in the workplace;
- Review strategies for developing your unique storytelling style for one-on-one conversations and presentations to groups;
- Discuss the key elements of effectively told personal stories and develop your own narrative using the story arc model; and
- Create and share your two-minute personal story and get feedback from other participants.

Session Length:	90 minutes (in-person or hybrid), 60 minutes + up to 30 additional minutes (online only)
Target Audience:	General audience with basic knowledge of why belonging and inclusion are important in the workplace
Participant Materials:	PFLAG's Sharing Your Story workbook, online resource page
Additional Information:	<p>For in-person and hybrid sessions, this session is only available in a 90-minute format. For online sessions, groups that would like to reserve time for employees to share their stories are REQUIRED to schedule a 75- or 90-minute session.</p> <p>A cross-network version of this workshop designed to highlight intersections and inspire collaborative efforts is available.</p>

For more information on this session, please contact training@pflag.org.

Updated January 2026