

Storytelling Training



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Zikomo, (Hello)!



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Warm up:

Turn to a neighbor you don't know and discuss...

What is one element of a good story?(2 mins)



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Storytelling



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CHIMAMANDA NGOZI ADICHIE:
THE DANGER OF A SINGLE STORY

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Once Upon a Time in Peace Corps...

1. Finding your story
2. Crafting your story
3. Sharing your story



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Finding your story

- Deeper meaning vs. Entertainment Value
- Action: who, what, where, and when vs WHY



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Two minute free-write



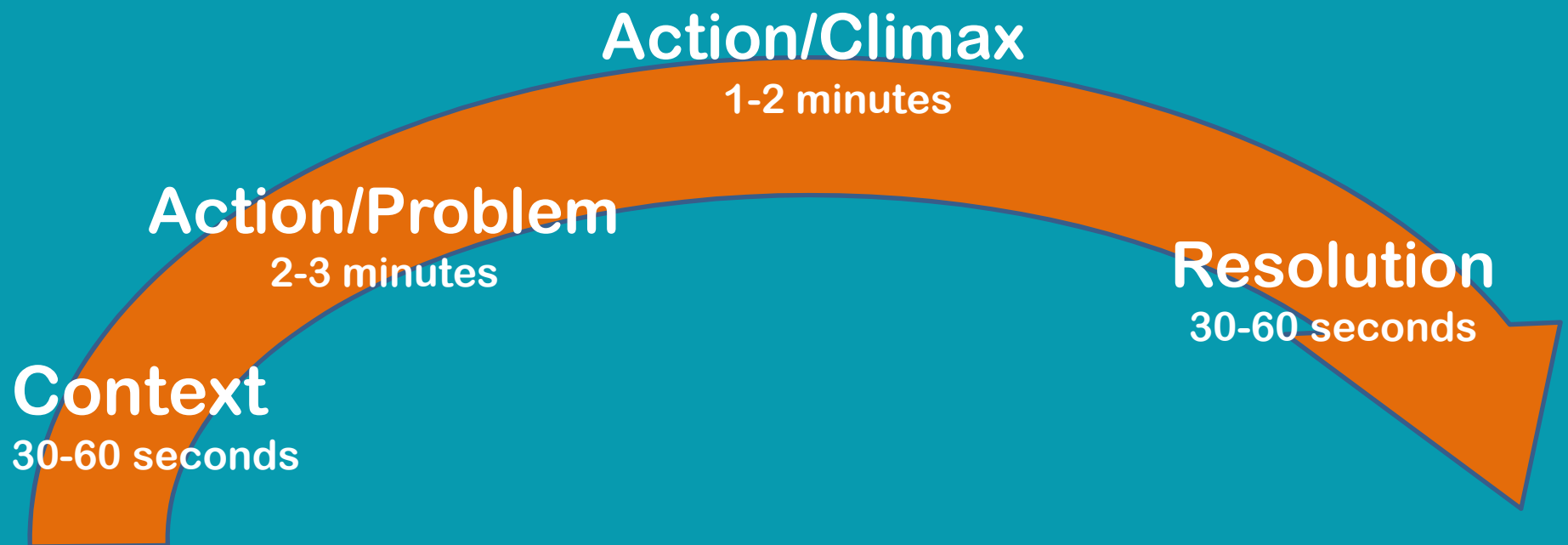
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Two minute free-write



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Story Arc



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Crafting your story: Plot

- **Context:** When and where is the story taking place?
- **Action:** What happens in the story?
- **Tension:** Raise the stakes.
- **Change:** It is not *really* a story unless something fundamental changes.
- **Closure:** Do you deliver on your promise after setting up a central question?



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Other Elements:

- **Meaning:** What is my story *really* about?
- **Senses:** If people can picture it they can better relate.
- **Insight:** Let your listeners in on your thoughts, feelings, and in the moment reactions.
- **Characters:** Compelling and few.



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Storytelling “Rules”

1. Allow yourself to be vulnerable
2. Use dialogue
3. Find a way to frame your story
4. Use the rule of threes
5. Get the audience on your side
6. Have perspective on the story



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Peace Corps Story Example:



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- **Context, Action, Tension, Change, Closure.**

- **Meaning, Senses, Insight, Characters.**

- 1. Allow yourself to be vulnerable**
- 2. Use dialogue**
- 3. Find a way to frame your story**
- 4. Use the rule of threes**
- 5. Get the audience on your side**
- 6. Have perspective on the story**



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Story Spine

Once Upon a Time _____

and every day, _____

Until one day, _____

Because of that _____

And then _____

And then _____

Until finally/then suddenly _____

And the funny thing was _____

Ever since then _____

Take ten mins to fill out the spine for yourself
with the key moments in your story



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Sharing your Story:

Voice: Use your authentic voice

Body: Ground yourself

Delivery: Pace yourself



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Practice time!

Peer Coaching Guide for Storytelling Pair-Share

Step 1: The Teller shares their story uninterrupted with a timer to see how long the story runs.

Step 2: The Listener gives positive feedback on what they liked about the story.

Step 3: The Teller asks the Listener for feedback on specific elements of the story or delivery, allowing the Teller to identify specific concerns they see in their story first.

Step 4: The Listener asks clarifying questions like: I didn't really understand "X" or I wanted to hear more about "Y". The Listener asks questions that pull out more details and to understand the story Teller's intent.

Step 5: The Listener, if the story Teller invites it, shares final thoughts and feedback. This is not the time for the Listener to reconstruct the story for the Teller based on style and interests. The focus should be on basic story elements and structure. AVOID feedback like "what you should say is..."



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More Tips at

www.peacecorps.gov/thirdgoal

Contact us:

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