Facilitation Skills Training

Developing your story Worksheet

**Special Olympics Facilitation Skills Training**

Valuing Your Voice in Facilitation

DEVELOPING YOUR STORY WORKSHEET

Facilitating is both an art and a skill. The skill is knowing when to ask questions, when to listen, when to tell, and how to help the group accomplish their goals. The art is knowing how to connect with participants and explain concepts and ideas in a relatable way. Stories are the tool to connect.

This worksheet will help you shape and deliver a story from your life. To start, please watch the video: [The Power of Telling Your Story,](https://www.youtube.com/watch?v=NqCsc31xg24) a Tedx talk by Dominic Colenso.

1. **What did you enjoy about the video?**

|  |
| --- |
|  |

Stories are powerful. They help create connection, bind us together and help us make sense of our shared experiences. When you share stories about yourself you connect with the group you are facilitating and create deeper and more lasting lasting.

To tell these stories about yourself well you need to practice. You need to identify those key experiences in your story that will help you connect and communicate with the group.

This next exercise will help you develop stories from your life.

**Part 1: Choose your Story**

From the list below, choose 3 topics you want to develop into a story. Put an X next to the topic you’d like to develop into a story. Choose a topic that you can quickly think of an example.

[ ]  I creatively solved a problem

[ ]  I took charge when needed

[ ]  I made an unexpected connection with someone else

[ ]  Someone walked away with a more inclusive attitude

[ ]  I exceeded expectations

[ ]  I learned from a mistake

[ ]  I changed someone’s perspective/mind

**Part 2: Developing your story**

For the three topics you selected, you will now develop your stories. You will write down what happened, the emotions you had, and why it was important.

1. **TOPIC 1:**

**The Facts (what happened):**

|  |
| --- |
|  |

**Your Feelings. What emotions did you have?**

Please circle the emotions you felt from the list below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sad | Mad | Scared | Joyful | Powerful | Peaceful |
| Sleepy | Hurt | Rejected | Excited | Proud | Content |
| Bored | Hostile | Confused | Vibrant | Respected | Thoughtful |
| Lonely | Angry | Helpless | Energetic | Appreciated | Intimate |
| Depressed | Rage | Submissive | Playful | Helpful | Loving |
| Ashamed | Hateful | Insecure | Creative | Important | Trusting |
| Guilty | Critical | Anxious | Aware | Faithful | Nurturing |

**Your Values. Why was this important to me?**

Please circle the emotions you felt from the list below.

|  |  |  |  |
| --- | --- | --- | --- |
| Stability | Service | Curiosity | Recognition |
| Adventure | Safety | Privacy | Status |
| Relationships | Family | Friends | Fame |
| Power | Play | Order | Fun |

**Your Story. In two paragraphs, write down your story.**

**What happened (facts):**

|  |
| --- |
|  |

**How it made me feel (emotions):**

|  |
| --- |
|  |

**Why it was important (values):**

|  |
| --- |
|  |

1. **TOPIC 2:**

**The Facts (what happened):**

|  |
| --- |
|  |

**Your Feelings. What emotions did you have?**

Please circle the emotions you felt from the list below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sad | Mad | Scared | Joyful | Powerful | Peaceful |
| Sleepy | Hurt | Rejected | Excited | Proud | Content |
| Bored | Hostile | Confused | Vibrant | Respected | Thoughtful |
| Lonely | Angry | Helpless | Energetic | Appreciated | Intimate |
| Depressed | Rage | Submissive | Playful | Helpful | Loving |
| Ashamed | Hateful | Insecure | Creative | Important | Trusting |
| Guilty | Critical | Anxious | Aware | Faithful | Nurturing |

**Your Values. Why was this important to me?**

Please circle the emotions you felt from the list below.

|  |  |  |  |
| --- | --- | --- | --- |
| Stability | Service | Curiosity | Recognition |
| Adventure | Safety | Privacy | Status |
| Relationships | Family | Friends | Fame |
| Power | Play | Order | Fun |

**Your Story. In two paragraphs, write down your story.**

**What happened (facts):**

|  |
| --- |
|  |

**How it made me feel (emotions):**

|  |
| --- |
|  |

**Why it was important (values):**

|  |
| --- |
|  |

1. **TOPIC 3:**

**The Facts (what happened):**

|  |
| --- |
|  |

**Your Feelings. What emotions did you have?**

Please circle the emotions you felt from the list below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sad | Mad | Scared | Joyful | Powerful | Peaceful |
| Sleepy | Hurt | Rejected | Excited | Proud | Content |
| Bored | Hostile | Confused | Vibrant | Respected | Thoughtful |
| Lonely | Angry | Helpless | Energetic | Appreciated | Intimate |
| Depressed | Rage | Submissive | Playful | Helpful | Loving |
| Ashamed | Hateful | Insecure | Creative | Important | Trusting |
| Guilty | Critical | Anxious | Aware | Faithful | Nurturing |

**Your Values. Why was this important to me?**

Please circle the emotions you felt from the list below.

|  |  |  |  |
| --- | --- | --- | --- |
| Stability | Service | Curiosity | Recognition |
| Adventure | Safety | Privacy | Status |
| Relationships | Family | Friends | Fame |
| Power | Play | Order | Fun |

**Your Story. In two paragraphs, write down your story.**

**What happened (facts):**

|  |
| --- |
|  |

**How it made me feel (emotions):**

|  |
| --- |
|  |

**Why it was important (values):**

|  |
| --- |
|  |