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?**

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| --- |
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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):**

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| --- |
|  |

**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):**

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| --- |
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**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):**

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| --- |
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1. **TOPIC 3:**

**The Facts (what happened):**

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**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):**

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Connecting my story to others: Activity

On the following pages, you will find three situations. The situations are questions participants might ask. Your assignment is to read the situation, identify the question the participant is asking, provide some advice, and identify a personal story to share with the participant. The hope is that by sharing your story, the participant will better understand your advice.

Connecting my story to others: Activity

Participant 1: Speaking Up Situation

|  |  |
| --- | --- |
|  | **You are facilitating a course and a participant raises their hand. You call on the participant who says:** *“Thank you for telling us about the importance of speaking up and sharing our point of view. But I’m not sure that will work really well in my situation. The meetings I attend are filled with a lot of people and most of the time it is only 5 or 6 people who always talk and share their ideas. I’d like to share my ideas and think they would help us accomplish our projects in a better way. But there never seems to be time and other people are always speaking up first. How can I find the space to speak and share my ideas when everyone else speaks first?”* |

**Your Task:**

How would you answer the participant’s question? Think of the stories you developed in the pre-work. Would one of the stories help answer the participant’s questions?

**What is the participant asking about?**

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| --- |
|  |

**What advice would you give the participant?**

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| --- |
|  |

**What story would you tell the participant (from your own experience) that could help the participant?**

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| --- |
|  |

Connecting my story to others: Activity

Participant 2: Delegation Situation

|  |  |
| --- | --- |
|  | **You are facilitating a course and a participant raises their hand. You call on the participant who says:** *“You know, I want more responsibility and tasks. But my supervisor doesn’t seem to want to give me more challenging tasks. He just does everything himself. How can I let him know that I can do more?”* |

**Your Task:**

How would you answer the participant’s question? Think of the stories you developed in the pre-work. Would one of the stories help answer the participant’s questions?

**What is the participant asking about?**

|  |
| --- |
|  |

**What advice would you give the participant?**

|  |
| --- |
|  |

**What story would you tell the participant (from your own experience) that could help the participant?**

|  |
| --- |
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Connecting my story to others: Activity

Participant 3: Mistakes Situation

|  |  |
| --- | --- |
|  | **You are facilitating a course and a participant raises their hand. You call on the participant who says:** *“I get that we can learn from our mistakes. But we can’t make mistakes! Our work is really important and people could really be in bad shape if we make mistakes. I’m really worried about failing and I don’t want to disappoint people. But I want to try new things. How can I get more comfortable making mistakes?”*  |

**Your Task:**

How would you answer the participant’s question? Think of the stories you developed in the pre-work. Would one of the stories help answer the participant’s questions?

**What is the participant asking about?**

|  |
| --- |
|  |

**What advice would you give the participant?**

|  |
| --- |
|  |

**What story would you tell the participant (from your own experience) that could help the participant?**

|  |
| --- |
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