

COLLECTIVE VOICES:

Maine Women Share Their Stories

CRAFTING YOUR STORY

Collective Voices Storytelling Guidelines

***"Do not tell people how to live their lives.
Just tell them stories and they will figure out how those stories apply to them."***

Randy Pausch

Midcoast Women provides opportunities for area women of all ages to find and strengthen our individual and shared voices.

The goal of the Collective Voices series is to create a platform for women's voices, inspire confidence and self-advocacy, and foster more connectedness between women in our community. We believe that storytelling is a great way to achieve this.

Storytellers use the following guidelines to structure and tell their stories:

- We aim to inspire women through the telling of a story that features a challenging obstacle or opportunity, how they addressed it, and what they learned to make changes in their lives. Remember this story is about a unique situation in your life. It is not an overall biography or resume.
- Keep your story to around 10 minutes.
- Good stories have a beginning, middle, and end.
 - (1) Begin by setting up the challenge or opportunity that changed your path.
 - (2) The middle includes the details about what you went through and examples of situations that challenged you. This can include successes and setbacks.
 - (3) End with what you learned and how that changed some aspect of your life.
- Infuse your story with details: How did you feel about things? What did things look/sound/feel/smell/taste like? etc.
- Tell us what worked for you by using "I" language to tell your story rather than offer advice to the audience or make generalizations based on your experience.
- Be honest! Authenticity is what makes your story truly unique to you, and it's a great way to form a connection with the audience.
- What important characteristics for women leaders can be inferred from your story? This isn't critical, but can be included if it works seamlessly with your story.