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Storytelling and leadership chapter 2

* Most important points made
  + Stories can have dangerous consequences like the McDonald’s coffee spilling incident, so frame them carefully.
  + Know your audience, who they are, where they are coming from, and what background knowledge they have.
  + The different stories leaders should be ready and able to tell, their purpose, and their importance.
* 3 critical learnings
  + Do not rely on numbers; numbers matter, but action matters more.
  + Stories are more impactful when the author includes characters the audience can sympathize with
  + How to organize a speech like a story and relying on stories to share your message.

Speaker notes:

Slide 2:

- rise of mental health

- american's are scared of taking sick or vacation days

- taking time off -> slacking, bad on their work, they dont care,

- americans are overworked, overtired, and overextended

Slide 3:

- Would you believe me if I told you that these were taken a year apart, the same week?

- Here is where you are now, full schedule, not able to enjoy what you are doing without stressing about what is coming next

- Here is what you can be, balanced, time for work, time for friends, and time to yourself

- If I can do it, so can you

Slide 4:

- before agreeing to do something first take a pause

- think about your commitments, and how this new one will fit

- You do not have to commit on the spot

- Ask a friend, colleague, family member, or mentor

- Someone who knows your goals, strengths, weaknesses

- Sometimes an outside perspective is what is necessary to know if you have too much on your plate

Slide 5:

- Look foward, see what this commitment will be like in the next 6 months

- Does it provide some sort of benefit in the long-run (either career, physical, mental, etc)

- Look backwards

- Have you done something like this in the past? how did it work out for you

- Would your past self want you to take this opportunity

Slide 6:

- When all we care about is cramming our schedules and pushing ourselves to the breaking point, we forget what it really is to be human. So please, if nothing else, remember that it is okay to say no, take the weekend off, and have fun, you will be glad you did