Prepare a 3-5 slide presentation to share one or two ways you have applied KamiLimu lessons directly to your university education. Structure the presentation thus: the state before application in terms of your approach then, how you applied KamiLimu lessons, and the results after plus one impact story. The impact story does not need to be a big one like 'I landed a job', it can be anecdotes of micro moments that you have experienced a shift or any feedback that you have received from your circles that speak to a change/shift.

Use storytelling in your presentation, so a perfect time to practice storytelling. Feel free to use pictures and the like.

SELECTED THEME: STORYTELLING

**How Storytelling Gave My Voice a Pulse**

(The story)

Back in January this year, I had the opportunity to train with Brian. That day, I went there for one purpose: to prove to him that I was stronger. It was on a Thursday afternoon. The gym was uncharacteristically empty. Only a few daring souls were busy heaving and panting at their stations. We began with the usual warmup of stretching followed by a short treadmill jog. It was leg day!! And if you have been through leg day- it’s the equivalent of going for a sprint review when your team has achieved changing a button’s color the whole week!! You know you’re cooked but you can’t run away.

After the warm up, I walked up to Brian and challenged him to the strength test: A Bavarian arm wrestle. It’s like a normal arm wrestle, but one person’s arm is braced on a preacher bench, resisting, while the other tries to pull it down. Brian sat on one side and I stood on the other side. We locked hands and I counted. I felt my arm trembling, my bicep surging with pain and his grip tightening. But I had a plan. Suddenly, I let my arm go!! Now as you can imagine, Brian is a large man, with a large arm. So all that potential energy was quickly converted into kinetic energy that resulted in pain and embarrassment and inertia on his poor face!! He won, but at what cost?

(The catch)

Now what if I told you that the story I just told you is completely false!! No face was hurt, no wrestle was done and certainly, no gym was empty in January!! In fact, I have just described a scene from one of my favorite shows: Reacher. But for some of you, if not all, believed it, even though it was for a split second.

(How was life before storytelling)

Before KamiLimu, conversations were very normal, boring and often monotonous. I really didn’t understand the power of delivery. I would try to make myself interesting by talking about the most complex of ideas. But still, my conversations felt dry. This often led to the fear of having conversations with people. I realized that I was boring because of not what I said, but how I said it.

(How I applied storytelling)

After a few months here, it’s almost impossible to find myself presenting or speaking in front of people without a story to tell. I learnt that without stories, you cannot reach a person’s head without first touching their heart and the path to the heart runs through the brain. It’s the vivid descriptions, the humor, the flurry of emotions running through you that make the difference—that’s what makes people listen, not just hear. You must have felt something in that story whether it was pride, happiness or remorse for our fallen soldier.

(Impact)

One small moment I remember was a recent conversation I had with one of the managers at the office. Instead of diving into one of the projects I have worked on, I opened with a relatable story. And it impressed him. A few days later I met him at the lobby and he said, “I really liked our conversation the other day”. That moment stayed with me because it did not feel like I was just talking to someone, but connecting with them. It’s through the storytelling sessions that conversations have become more fruitful, enjoyable and memorable.

(A possible ending)

I still believe I could take Brian one day. It would probably end in disaster… something like **The Thing** from Fantastic Four chasing me down a hallway. But in storytelling—I win every time.

Thank you.

Slides:

Slide 1: Storytelling graphic- How Storytelling Gave My Voice a Pulse

Slide 2: A picture of Brian and the bench

Slide 3: Now what if I told you…none of that was real? Reacher Image in a small corner

Slide 4: The lessons learnt from storytelling (Before and After)

Slide 5: Micro-impact Story

Slide 6: The Thing