

Exercise 1: Prepare a brief personal story based on one of the following topics:

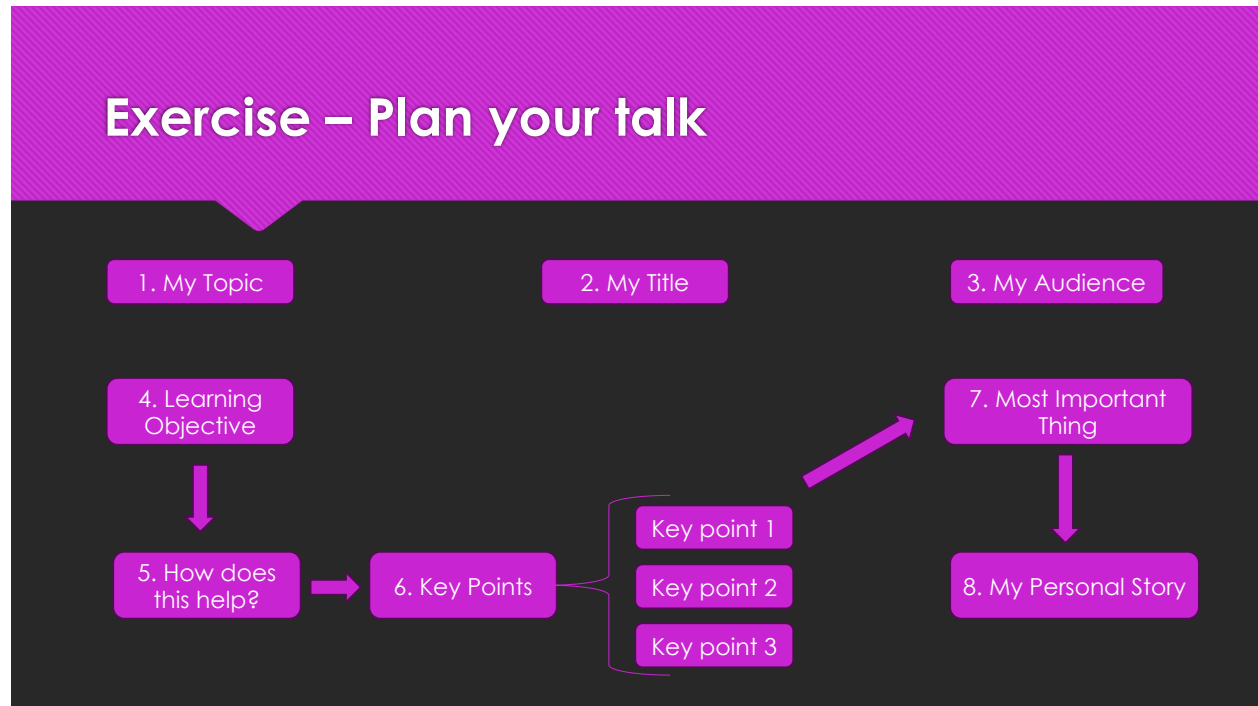
Exercise – your first story

Choose one of the following topics:

- ☐ A childhood Hero
- ☐ A time you did something others said you couldn't do
- ☐ An important mentor or teacher in your life
- ☐ A problem you are proud of solving and how you solved it
- ☐ An event that made you view a colleague in a different light

When instructed to do so, share your personal story with your exercise partner.

Exercise 2: Think of a short talk you would like to give. Think through the content of your talk, writing down brief statements to fill boxes one through 7 below.



Exercise 3: Using the Story Spine framework, Write a brief version of the story in your talk

Finding the story in your talk

Once upon a time, there was [character].

Every Day, [what did "normal" look like?]

One day, [a change takes place].

Because of that, [character does something different]

Because of that, [character does something else new]

Until finally [character solves or adapts to the change]

Exercise 4: Tie it all together

