

Introduction to Personal Storytelling

with Terry Wolfisch Cole



SOUTH HUNTINGTON
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Agenda

- INTRODUCTIONS
- LISTEN TO A STORY
- WHY STORYTELLING?
- TECHNIQUES & PROCESS
- HOW TO JOIN A LIVE SHOW
- REFLECTION

Introductions

WHO ARE YOU?

WHAT DO YOU HOPE
TO GET OUT OF THIS TRAINING?

FEEL FREE TO UNMUTE AND SHARE

Terry Wolfisch Cole

STORYTELLER



Storytelling is a *learned skill*.
You can do it and I will teach you how.



Story Time



WIIFM?

HOW CAN AN EFFECTIVE STORY,
WELL TOLD, IMPACT YOUR
PERSONAL AND PROFESSIONAL
SUCCESS?



WHEN MIGHT YOU TELL YOUR STORY?

- PROFESSIONAL GATHERINGS
- INTERVIEWS
- SPEECHES AND PRESENTATIONS
- FAMILY EVENTS
- SOCIAL SITUATIONS
- ON STAGE
- OTHER IDEAS?



Examine Your Life
for Stories





YES...INTERESTING THINGS HAVE HAPPENED TO YOU!

- HOW TO CHOOSE A STORY TO SHARE
- LEARN TO LOOK AT YOUR LIFE
LIKE A STORYTELLER
- WHERE TO START
- WHAT TO AVOID



What makes a story great?

TECHNIQUES YOU CAN USE
IN ANY SETTING



ANECDOTE VS STORY

- BEGINNING, MIDDLE, END
- STAKES
- **UNIQUE** EXPERIENCE
- **UNIVERSAL** EMOTIONS
- TRANSFORMATION



THE FIVE BEATS OF EFFECTIVE STORYTELLING

1. INTRODUCTION
2. STAKES
3. RISING ACTION
4. RESOLUTION
5. REFLECTION

INTRODUCTION

- **WHO** ARE YOU?
- **WHERE** ARE WE?
- **WHEN** IS THIS HAPPENING?

STAKES

- WHAT DO YOU **WANT, NEED, DESIRE, HOPE FOR, FEAR?**
- WHAT MIGHT YOU **GAIN OR LOSE** AS THE STORY GOES ON?

RISING ACTION

- CREATE A **DRAMATIC ARC**
- **INCREASE THE STAKES** AS THE STORY UNFOLDS AND REACHES ITS DRAMATIC CLIMAX



RESOLUTION

- SOOOOOO...? **HOW DOES IT END?**
- THIS MIGHT NOT BE HAPPY OR TIDY!

REFLECTION

- HOW ARE YOU **DIFFERENT** AT THE END OF THE STORY THAN YOU WERE AT THE BEGINNING?



USEFUL TIPS

FOR EFFECTIVE STORYTELLING



SET THE TIME AND PLACE

- THIS IS ESSENTIAL FOR
AUDIENCE ORIENTATION

TENSE

- STORIES TOLD IN THE **PRESENT TENSE** FEEL **MORE IMMEDIATE** AND ARE **EASIER TO VISUALIZE**.

DETAILS ENRICH A STORY

INCLUDE INFORMATION SUCH AS:

- NAMES AND RELATIONSHIPS
- ENVIRONMENT
- SENSATION

It all comes down to the **small details**. In the hands of a good writer, that old lady, her cottage, her flowers, and the smell and taste of her tea, as well as the feel of the smooth, porcelain cup in her hand, become **quite real** for the reader, and the story ends up being **truly compelling**.

– Mark Spencer

INNER LIFE

WHAT ARE YOU

- OBSERVING
- SENSING
- THINKING
- FEELING
- SAYING TO YOURSELF?

TELL YOUR STORY FROM THE INSIDE OUT.

MAKE YOURSELF A PARTICIPANT, NOT A
WITNESS.

TRUTH

- WHAT'S THE DIFFERENCE BETWEEN **TRUTH** AND **FACTS**?



FOUR PITFALLS

TO AVOID



TRITE PHRASES AND CLICHES

- STORY TITLES
- PRELUDE PHRASES
- MORAL STATEMENTS
- ANY WORDS THAT TAKE YOUR AUDIENCE OUT OF THE STORY
 - "FAST FORWARD"
 - "BUT THAT'S ANOTHER STORY..."
 - "NEEDLESS TO SAY..."

FORECASTING

- DON'T SPOIL THE SURPRISE!

SPEECHMAKING

- ALLOW YOUR AUDIENCE TO DRAW THEIR OWN CONCLUSIONS

PERFORMING

- YOUR STORY SHOULD **SOUND NATURAL** IN ANY SITUATION

The image features a dark blue, textured brushstroke that serves as a background for the text. In the top-left corner, there is a cluster of small, solid orange circles. In the bottom-right corner, there is a thick, orange, wavy line that resembles a stylized 'M' or a series of connected 'V' shapes.

QUESTIONS?



PROCESS

TURNING AN IDEA INTO A STORY



HERE'S HOW I DO IT*

- WRITE IT OUT
- READ OR RECORD
- LISTEN TO WHAT YOU'VE CREATED
- REVISE
- GET IT ONTO AN INDEX CARD
- PRACTICE, PRACTICE, PRACTICE

*but it's different for everyone



GETTING CAST



HOW DO I JOIN A SHOW WHERE I LIVE?

- CURATED SHOWS VS. OPEN MICS
- THEMES
- PITCHES



QUESTIONS?



Thank you.

WHAT IS ONE THING YOU WILL
TAKE AWAY FROM TODAY'S WORKSHOP?



Terry Wolfisch Cole

Tell Me Another

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WWW.TELLMEANOTHERSTORIES.COM
TELLMEANOTHERSTORIES@GMAIL.COM
860-558-2587