



Checklist for storytellers

When sharing your story:

- Remember, your story is yours to tell and you are not obligated to share.
- Decide on what you are comfortable sharing, and what you need to make the process easy.
- Prepare, as much as possible, thinking about what you would like to say and identifying topics that are 'off limits'.
- Consider the 'take home message' you want to leave with your audience. What would you like them to do in response?
- If telling your story in first person (I, me) feels too personal, consider using third person (he/she/they).
- Consider the sharing environment you are in and the purpose of sharing your story.
- Ensure the audience listening to your story has asked for your consent
- Ensure the audience you are sharing your story with has been transparent about the use of your story and willing to maintain your privacy if you wish.