



Imagine Your Future Activity Instructions for Speakers

1. Choose a topic to tell a story about.

- **2 Speakers: Overcoming adversity and resilience.** Prepare a 5-minute story about resilience. Bouncing back from adversity. Coming back from failure. Facing something hard that you overcame.
- **2 Speakers: Mentors.** Prepare a 5-minute story about how someone helped you get to where you are today. Someone who inspired and pushed you. How you are connected to other people. How collaborating with others can help you to reach places you wouldn't otherwise have gone.

2. Prepare your story.

We invite each speaker to tell an engaging and interesting 5- minute personal story about one of these two topics. Your stories will provide prompts for the audience to reflect on their own lives. Please keep the following in mind as you are developing your story.:

- Your story should be no more than 5 minutes long.
- It should focus on one event in your life relating to your topic area.
- Think about how to tell a great story! Great stories are those that:
 - Captivate the audience by describing the emotions you felt during the event. This makes the listeners want to hear more.
 - Have a good narrative. Map out the sequence of events and flesh out the characters in your story so that you can tell it in the right order.
 - Create rapport with your audience. You'll create a deeper connection with the audience if you are a little bit vulnerable when you tell your story.

There are lots of great resources that can help you craft a good story. Here are a few to get you started:

- <https://www.forbes.com/sites/work-in-progress/2013/12/11/how-to-tell-a-good-story/#25b768d5584c>
- <https://theartofcharm.com/art-of-personal-development/how-to-tell-a-great-story/>
- https://medium.com/@Brian_G_Peters/6-rules-of-great-storytelling-as-told-by-pixar-fcc6ae225f50
- <https://www.ted.com/topics/storytelling>



3. Tell your story. Here are the logistics:

Date: 1/10/20

Location: Sonoma State University, Student Center Ballroom .

Date and time: Friday, Jan 10, 2020. Arrive by 10am.

Parking: Park in Lot D. Parking attendant will give you a permit & directions to Student Center.

Time	Topic	Speaker
10:50-11:10	Overcoming adversity and resilience: Speakers a + b A story about something hard that you overcame as a young person.	Speaker A: Speaker B: _____
11:10-11:25	Table activity 1 – Mapping your life so far MC (Rob): Open: intro activity Close: have 1-2 students share from their tables with handheld mic	
11:25-11:45	How'd you get here? Mentors: Speakers c+d A story about someone who inspired or helped you.	Speaker C: Adrienne Speaker D: _____
11:45-12:00	Table activity 2 – Imagining your future Open: intro activity Close: have 1-2 students share from their tables with handheld mic	

What will the students be doing?

In between speakers, students will be drawing/writing out their own timeline of important life events so far, and then brainstorming three possible futures for themselves.