

Storytelling Toolkit

by Terry Laszlo-Gopadze



“The More Personal Your Story Is, The More Universal It Is.” - Bo Eason

Overview for Telling a Good Story

- Context – Have a compelling first line that’s immediately engaging and tells the circumstances of your story. Set your story in time and place.
- Characters - You are a character in your story. Go deep and make it interesting. Tell it in the first person. Vividly describe others in your story too, so that people can connect with them.
- The Challenge - A great story always has an obstacle, conflict, or a challenging person.
- Humor – Appropriate goes a long way with your audience.
- Ending Your Story – End on a note that leaves your audience feeling impacted, or positively influenced by what they heard.

Tips for a Successful Story

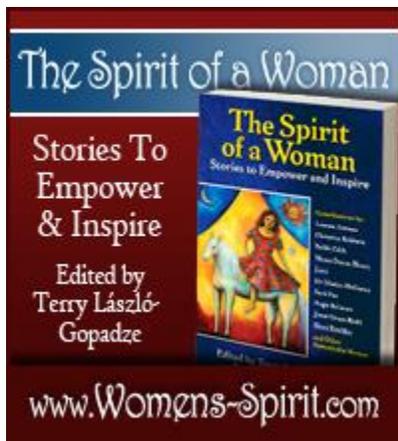
- The more open, heartfelt and passionate you are, the more your audience will be captivated and inspired. If you are into your story, so will everyone else be.
- Edit your story. See if you are repeating yourself anywhere or using the same words too many times. See where you can go deeper, be more honest, open or heartfelt.

- Tell your story like you are talking to your best friend. If you are sharing it with a live audience, make eye contact with your audience. Pick one person in the middle of the audience to talk to and the whole audience will think you are looking at them.
- Practice!!! Tell your story out loud, in front of the mirror. It will help you see how it feels and if you are authentic in how you express yourself. Look to see if your body language is expressing how you feel. This is a good way to get comfortable with your story's content, delivery and tone.
- No angry rants, please! No preaching or teaching. Stay with your story.
- Underline a few words you want to emphasize. Decide where you would like to pause for emphasis, so that you don't talk in a monotone. Pausing, allows the listener to take in your important points.
- Rich details make your story interesting and vibrant. They help to connect your audience to the places and characters you are describing in your story.
- Get over stage fright, by remembering that you are sharing to heal, to be of service and to inspire your listeners.

Remember, everyone wants to hear what you have to say!

Terry Laszlo-Gopadze, a compelling storyteller and award-winning author, brings humor, courage and compassion to her listeners, as she inspires them to create their own stories and to live their most meaningful dreams. She is a public speaker, therapist and personal development workshop leader. Offering workshops on storytelling, creating your destiny, finding the gift in the challenge, and forgiveness is her passion and joy. Terry also enjoys working as a coach and mentor with first time authors and public speakers.

In her work as a licensed psychotherapist, Terry has spent over thirty-five years listening to the stories of others going through difficult passages and helping them to positively transform their lives. This led her to celebrate the heartfelt stories of women, who live inspiring spiritual lives in challenging circumstances, and to gather them into the book “The Spirit of a Woman: Stories to Empower and Inspire”. You can join her story-telling network and visit Terry and the authors online at <http://www.womens-spirit.com>



Terry is currently a faculty member and volunteer for Hands of Peace, a leadership and empowerment program for adolescents. The participants are Israeli, Palestinian and American youth who come together for peace dialogues.