



**Telling stories**  
Touching lives

### GUIDELINES FOR STORYTELLERS

Touch celebrates real life stories of everyday people who are overcoming things in their life. Our hope is that hearing real life stories becomes part of 'doing life together' rather than something that may be awkward and maybe even a little bit scary or uncomfortable.

We are growing a network of people who want to tell and hear stories in order that lives can be improved.

Thank you so much for agreeing to tell your story at a Touch storytelling celebration event, we can't wait to hear what you have to say. In advance of the event please send [debs@tellingstoriestouchinglives.org.uk](mailto:debs@tellingstoriestouchinglives.org.uk) no more than 3 sentences summarising what you plan to say, this will form part of a printed programme on the night.

Here are a list of basic guidelines for you to prepare your story, we've written them just to ensure we're all working together to create a positive and engaging atmosphere.

- Please talk for between 10 and 20 minutes maximum.
- Please talk about a true story from your life.
- Your story can be about anything but should cover the topic of overcoming/or moving forward. You don't need to have completely overcome a challenge/or moved forward fully, but it is best that you are at least in the process of overcoming/moving forward in order to give hope to the audience.
- Feel free to include faith elements if you want to, but please be sensitive to the audience about this, there may be many people from different faiths and backgrounds – so please do not preach or use faith terms that others may not understand!
- Try to remember that your way of overcoming may be different to someone else's, so please be respectful of this and try not to tell people what to do!
- Please share from your heart, but please don't rant!

Above all, please enjoy yourself and feel empowered, people are there because they want to hear from you, you are the expert in your own story – this is a situation where you definitely know more than everyone else on the topic.

Thank you once again, we really appreciate you giving up your time in this way.