

WHY IS STORYTELLING IMPORTANT IN WORKSHOPS: WRITE YOUR STORY



I believe that being an inspirational speaker is not about being a loud and confident speaker, but more about your relationship with the audience and your ability to connect with them emotionally. People are hungry to be inspired, motivated and lead by new ideas for healthy living. They want ideas that move their heart that is emotional, inspirational and also memorable. **When you're telling a story, you are connecting with your audience in a powerful, beautiful and amazing way.** Stories invite the audience to invest in you emotionally. Their attention is on the story and their hearts open up.

I recommend to tell at least one story in every workshop, but I suggest adding them whenever possible. Find your voice, heal yourself to serve and inspire others. Different parts of the brain are lighting up as they hear the story and you are persuading them that this is something they can accomplish as well.

Everything that has happened to you may have happened FOR you to inspire others to make a difference in their lives. Remember, your story matters!

Please answer the questions below about your own personal story of health and health coaching. I suggest not only to tell your stories but 'show' the stories to the audience. How can they visualize the story in their mind? Reflect on what stories you have that would inspire your audience.

1. What is your personal health story?

2. What is it about teaching others about health that makes your own heart sing?



3. Why did you become a health coach?

4. What success stories do you have with one-on-one health coaching clients?

5. What success stories have you had with online group health coaching clients?

6. What health stories have you heard from other health coaches, friends or family that have been inspirational and helpful to share? You can use my story if you'd like!



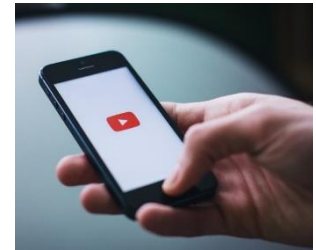
SHARE YOUR STORY

Please post your story in our private member-only Facebook group. We all want to hear it! Search “Story” in our Facebook group to see examples of stories and bios from past students. Would you be open to sharing your story on a live group coaching call? If yes, please message Lori Kearney to arrange it.

OPTIONAL RECOMMENDED ACTIVITIES

Listen to successful speakers that tell stories as they talk.

Steve Jobs' 2005 Stanford Commencement Address at <https://youtu.be/UF8uR6Z6KLC>



Joel Osteen (audio only) on Detoxing Your Mind at <https://youtu.be/5hPpq-ngrj0>
(Please note the above is a Christian video)

Brené Brown: the Call to Courage on Netflix

If you are interested in the key neurological findings on storytelling, check out this video.
David JP Phillips, The magical science of storytelling, TEDxStockholm at <https://youtu.be/Nj-hdQMa3uA>



Do you have a favorite speaker? Do they tell stories while they speak? Share in our Facebook group inspiring speakers that use storytelling while they talk.

QUESTIONS?

Post in our private members-only Facebook Group at <https://www.facebook.com/groups/workshopsdone/>, and I will get right back to you.

To Access the Workshops Done Program, please go to <https://courses.workshopsdone.com/>

Lori Kearney