

Telling and Sharing Your Story

Mastering the Art



1

Who Are We?



2

What Does This Mean?

Sharing your story, your experience can be done in a few different ways:

Speaking/Sharing Verbally
 Writing (includes emails and messages)
 Social media

Audience can vary as well:
 One person
 Couple of people
 Bigger
 Podcast/video



3

Think About Your Story and Craft It

4

Michelle's Story

After dealing with infertility for years and having a miscarriage in May 2017, I was thrilled to be pregnant and to have made it past the scary first trimester. When I was 21 weeks pregnant, my intuition told me to go to my OB. At the appointment, my blood pressure was 188/110 and my doctor sent me to labor and delivery where I was diagnosed with severe preeclampsia, admitted to the hospital, and told I would stay there until I delivered. I spent three weeks in the hospital before the doctors recommended delivery. Colette was born at 24 weeks, 5 days, and spent her short life of nine days in the nicu before gaining her angel wings.

Based on my experiences during the journey, I realized that this kind of story, where everything was going fine until it was not, was happening to many families and that families were then struggling financially. After doing my research and talking to a lot of experts, I channeled my grief into building a nonprofit in Colette's name to help remove barriers for families and allow them to focus on their and their families' health.

Since we started in September 2018, we have helped over 2,400 families and given away more than \$1.5 million. I also write, speak, and present on what I affectionally call "taboo topics" like baby loss, grief, infertility, and more.

5

Laura's Story

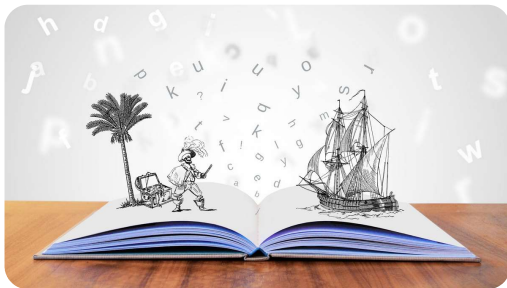
I....

6

Your Turn

7

What is your story?



- What happened?
- How did it make you feel?
- What do you wish you had known at the time?
- What lessons did you learn?
- How does it impact your life today?
- Anything else you can think of

8



9

YOU ARE THE EXPERT OF YOUR STORY

10

Smile File/Good Thoughts File



Create a digital and/or paper file of positive things people say about you

Add to it and look at it when you have those doubts

11



12

Writing Tips

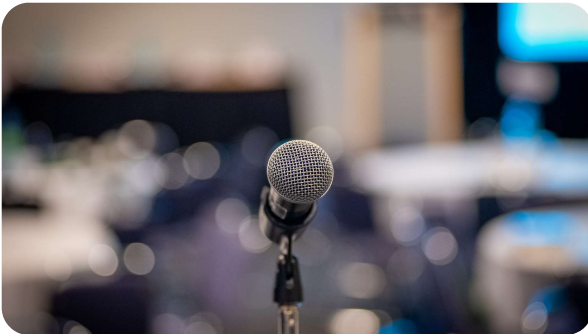


Write it all down without correcting mistakes or second guessing

Then take a look at it again, read it aloud

13

Speaking Tips



Practice your speech

Use notes or points if you need it

Record yourself

Choose three focal points

14

Interview/Podcast



Ask ahead of time for topics or questions

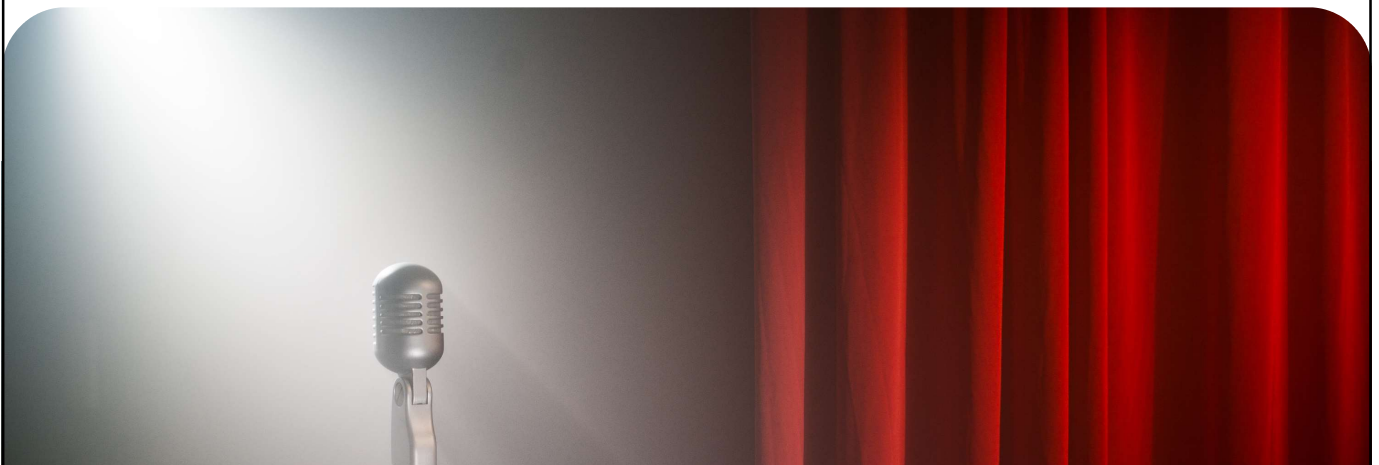
Set guidelines ahead of time--these are topics I don't want to discuss

Relax, be yourself

Talk as if you are talking with a friend

15

Practice, practice some more, and share



16