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YOU ARE MORE THAN ONE LIFE

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WORKSHOP SCENARIO

{Your story have the power to change the world}



Overall Objectives::

The main goal of the training is to prepare a group of adult learners - transplant recipients - to be EDU leaders in order to give awareness-raising presentations to various groups of people..

Expected Learning Outcomes:

After the training, each participant:

- 1. is able to build an interesting, emotional and moving story that will reach the audience, inspire and give space for thought**
- 2. knows the principles of speaking during public appearances, knows what to pay attention to and what to avoid**
- 3. knows how to prepare and deliver a presentation so that it will interest the audience**
- 4. knows how to use body language during a presentation**
- 5. knows how to cooperate with the audience, adapt to their current expectations.**



Detailed scenario of the workshop - tips for the trainer

<i>Detailed description of training topics</i>	<i>Training effects/learned knowledge and skills</i>	<i>Step-by-step training process</i>	<i>Methods, materials, exercises</i>	<i>Duration</i>
HOW TO TELL YOUR STORY				
<ul style="list-style-type: none"> - Story building scheme - Characteristics of a good story - Technical aspects of storytelling - Body language, gesture language, and verbal message - Building a presentation on the basis of one's own story - Basic principles of building self-confidence when speaking - Basic principles of speech practice - Basic principles of speaking in front of the camera 	<p>Upon completion of the training, its participant:</p> <ul style="list-style-type: none"> ● Knows the story building model ● Knows the basic principles of story preparation and storytelling ● Is able to build his/her own story based on the established principles ● Is able to prepare and deliver a presentation based on his/her own story ● Knows and can put into practice the principles of confidence building and gestures and body language ● knows the basic principles of speaking in front of the camera ● knows what exercises to use to make his or her speeches even better and more complete 	<p>1 The trainer presents the training program to the participants, divided into thematic blocks in the theoretical part:</p> <ul style="list-style-type: none"> - the scheme of building a story - characteristics of a story that make it well received by the audience - Technical aspects of storytelling - building a presentation based on one's own story - body language, gesture language, and verbal communication - basic principles of building self-confidence while speaking - basic rules for practicing speaking in front of the camera <p>Detailed program of blocks of the theoretical part - trainer's presentation to trainees, use in the practical part:</p> <ul style="list-style-type: none"> - scheme of story building a) to start with the exposition, i.e. explaining why we are telling the story and what it is about b) then the development of the plot, i.e. how it came about that I got sick, what I felt then, how I decided to fight the disease, what support I had c) the climax, i.e. the situation where life was on the brink, what I felt then d) the resolution of the plot, i.e. the only chance for recovery was organ transplantation 	<ul style="list-style-type: none"> ● Lecture - power point presentation (prepared for the project) - theoretical part Practical part ● Discussion ● Sharing of experiences ● Group work ● Individual work ● Storytelling in front of the camera - a recording session with the participation of all participants. 	<p>Theoretical part - 2 h</p> <p>Practical part 2 x 2 h</p> <p>Recording session - depending on the number of participants</p>



		<p>e) a happy ending combined with a message, i.e. what I felt after the transplantation, how my life changed, what I am like now, what I will say to people who have any doubts, how my example can serve others</p> <p>- Features of the story that cause it to be well received by the audience - discussion of the various features:</p> <ul style="list-style-type: none">a) dynamicb) engagingc) interestingd) inspiringe) emotionalf) factualg) carrying an important message <p>- technical aspects of storytelling:</p> <ul style="list-style-type: none">a) To begin with, writing a story as the trainee remembers and feels itb) First attempt to tell a story based on the one written earlierc) Working with the group, listening to comments, correcting errors, smoothing out the text.d) Shortening the speech so as to preserve its meaning and emotional charge, remembering that a good story should be no longer than 4 minutes.e) Telling the story in a four-minute version. <p>- Building a presentation based on your own story</p> <ul style="list-style-type: none">a) The rule of 10 + 30 means: the presentation should not be more than 10 slides, it should last about 30 minutes /can be gently shortened for example 9 slides about 25-27 minutes/ then you can assume in advance that the audience will be focused,b) two parts of the presentation - about 30 minutes - presentation /recommended shortened to 5 minutes/. - about 10 minutes -		
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		<p>discussion, answers to questions /recommended extension of 5 minutes/.</p> <p>Notes: Your stories are the axis of the presentation - develop them on subsequent slides as an emotionally binding element. Remember that the presentation is first of all emotions, facts and figures in second place</p> <p>- Body language, gestural language, versus verbal message, interaction with listeners</p> <p>a) What to pay attention to</p> <ul style="list-style-type: none">- use hands reinforcing the "word" - gesture helps the message, reinforces it, allows to hide nervousness, visualizes the story.- the movement of the hands should arise from the nature, character of a person, it should not glaring artificiality.- hands should be open, so as not to "close" yourself and the message- our posture must be relaxed, but confident and firm- we stick to the principle of limited movement, walk only in a certain area, so as not to obscure the presentation <p>b) What to avoid</p> <ul style="list-style-type: none">- nonchalance in posture- extensive hand gestures- playing with a pen or other objects that distract listeners- using an over-the-top pointer <p>Verbal message</p> <p>What to pay attention to in the verbal message</p> <ul style="list-style-type: none">- speaking clearly- on the speed of speaking, which must be in character, but better slower than faster- On the use of pauses, which help to emphasize a particular passage		
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		<p>What to avoid in verbal communication</p> <ul style="list-style-type: none">- the memory method- words that are incomprehensible or too scientific- sentences that are repeatedly complex- simple sentences will work. <p>Interaction with listeners</p> <ul style="list-style-type: none">- from the entrance focus the attention of the listeners- avoid runaway eyes at the entrance, don't focus on the details of the room or what's outside the window, only on the listeners- when there are listeners are unruly, disruptive, do not lecture them, rather "calm" them with a "moment of silence".- bring up even the stupidest question on the forum- say that you will clarify it after the meeting, or if the issue is important after the end of the introduction <p>- basic principles of building confidence when speaking</p> <p>I am prepared, it will succeed instead of fail for sure, I will forget the statements</p> <p>I was prepared, everything went according to plan instead of uff succeeded!</p> <p>They understood me, everything was clear instead of they did not ask me so they probably do not understand</p> <p>Man sometimes makes mistakes, I will eliminate them instead of I am weak, I am sure I will never succeed</p> <p>I take small steps aiming for the goal instead of once failed, will never succeed</p> <p>I start, but I am prepared, I will make them curious instead of I am a beginner, they will not listen to me</p> <p>There were no questions, next time they will come up instead of I'm up to no good because there were no questions</p>		
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		<p>- basic rules of speech practice, speaking in front of the camera</p> <ul style="list-style-type: none">- make your speech while standing in front of a mirror- speak to family, friends - let them judge you as a good audience- record yourself on a dictaphone - correct your mistakes <p>When speaking in front of the camera:</p> <ul style="list-style-type: none">- look into the lens, unless the cameraman or journalist decides otherwise, if in doubt - ask.- avoid wandering eyes- give your speech a positive emotion even if you are talking about serious matters- stand in a relaxed posture /it's worth asking in which plan you will be shown/.- if you are being recorded, in case of a mistake or slip of the tongue, don't be afraid to ask for a replay <p>2. the trainer proceeds to the practical part:</p> <ul style="list-style-type: none">a) group comments on the theoretical partb) group discussion about their own experiences and ideas to build a storyc) open discussion about one's own experiences of illness and recoveryd) reminder by the trainer of the story-building scheme from the theoretical parte) writing the story on cards by the traineesf) correcting the story in written form - prompts and evaluation by the trainer, comments of the groupg) attempts to present their own story verbally by each participant - prompts and evaluation of the trainer, comments of the grouph) individual work on the statementi) statements - stories after evaluation and correctionsj) group work on weaving the story into the leader's EDU presentation using a short presentation as an example - building the		
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		<p>presentation on the basis of one's own story</p> <p>3. recording session</p> <p>a) introduction to recording - the most important elements of speaking in front of the camera - a reminder from the theoretical part</p> <p>b) recording of stories by individual participants</p>		
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1. Teaching aids (list)

Presentation in ppt - theoretical part - overhead projector, screen
Cards, pens, dictaphone

2. Evaluation methods

The result of the training will be short videos /up to 4 minutes/, in which individual trainees will tell their stories. The finished video will be given to each participant so that they can send it to the trainer for individual evaluation - what else to change, improve, pay attention to. Finished stories will be the warp of EDU leaders' informative presentations on organ donation and transplantation expanding public knowledge.

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