

**your
story
and
you**



Hello!



I'm Gia and my
pronouns are she, her, & hers
and I'm Oaklin and my pronouns are they,
them, & theirs.

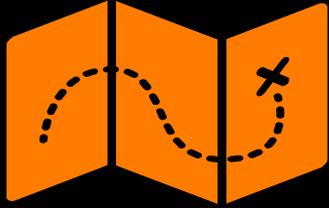
We're here today because we love to tell
and listen to stories.

More about Gia
Diversity Educator and Consultant
Program Director-EqualityMaine
Former Board President-MaineTransNet
Writer Aging-Athlete Nature Lover

I was a high school teacher and coach for 20 years. During that time I transitioned on the job becoming one of the first **OUT** transgender public school teachers in Maine, and one of the first transgender high school coaches in the country, but there's so much more to my story.



we tell ourselves stories in order to live 



Today's Goals

- ⦿ Why are stories important
- ⦿ Learn how to share your story
- ⦿ Feel empowered by your identity
- ⦿ Practice and help each other
- ⦿ Share



**Who's here
today?**



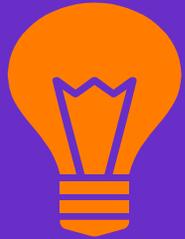
**Tell us
about a
little
about
yourself**

What's your name?

What are your pronouns?

Why are you here today?

**What's something most people in
the room don't know about you?**



Telling your story is one of the most powerful tools when communicating. And if you want to make social change, it's imperative.

think

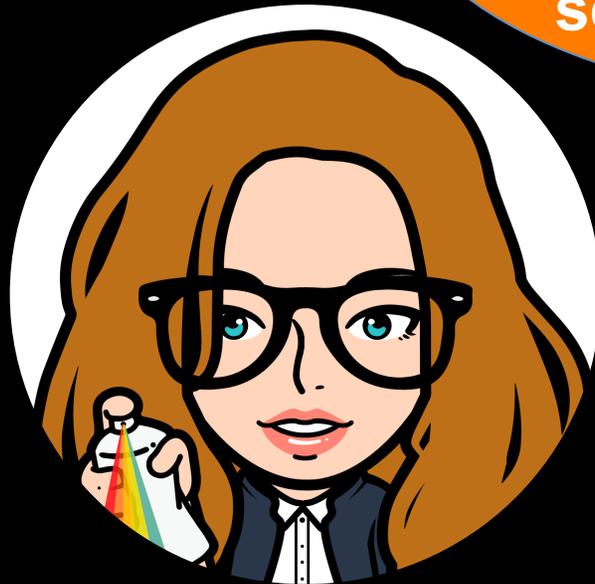
engage

inspire



- ◆ Story of Self
- ◆ Story of Us
- ◆ Story of Now

Next, write your life story in 4 sentences. Or at the very least, write four descriptive sentences about you.

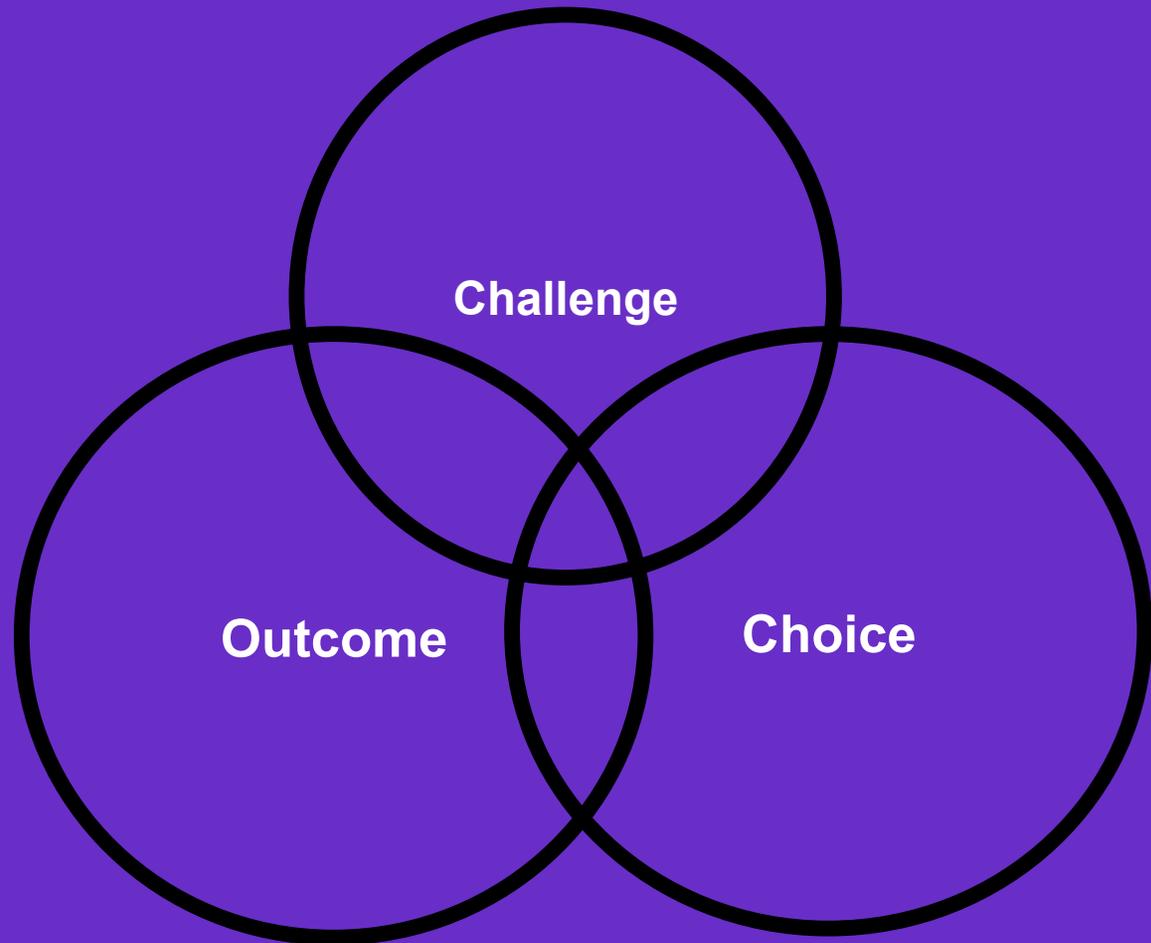




Who would like to share
their life story??????????



Transformational stories have the power to change hearts and minds and they usually have these THREE crucial elements:





Now, let me share
another story



**So, now
it's your
turn.
Are you
Ready?**

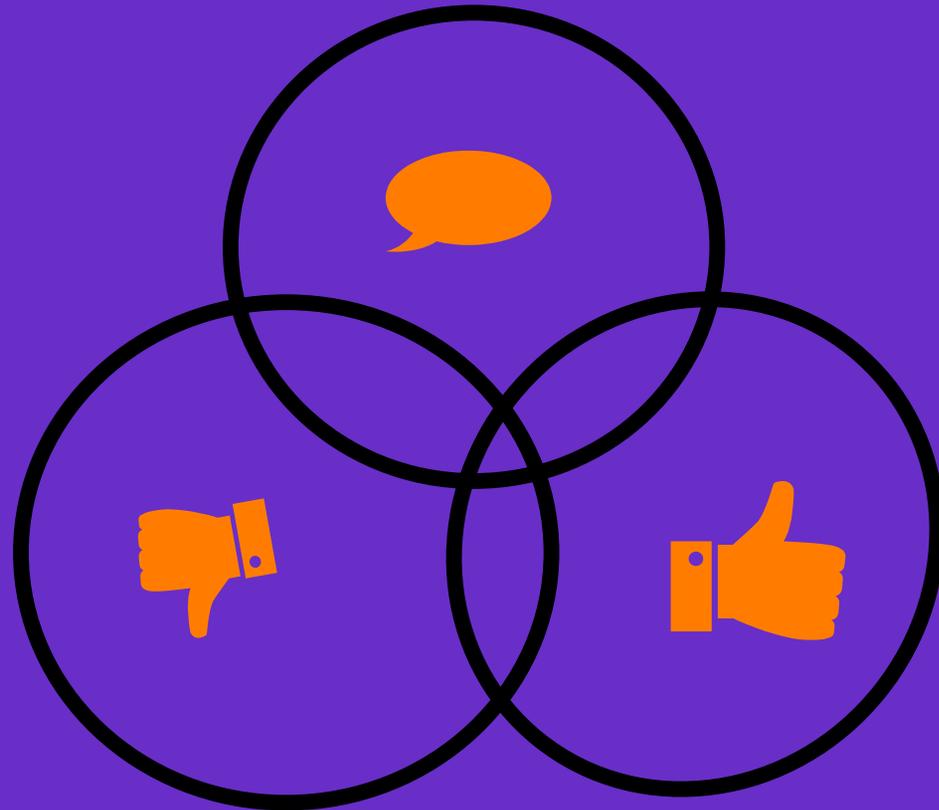
- ⦿ Think about a personal experience you want to turn into a story, maybe it's one of the four sentences from your life story.
- ⦿ Focus on one key moment—one event, or one place or one important relationship. It doesn't have to be about anything queer.
- ⦿ Take some time to think about the elements of your story in the context of the **challenge, choice** and **outcome**
- ⦿ Keep your story short, give yourself a limit of 2-3 min.
- ⦿ Write down your story, yes write it down.

Peer Coaching

**Gather with a
group of 3-4
people.**

**Each person
shares their
story with the
small group.**

**Group
members
provide
support and
feedback**





😊 observations

**Now, who
will share
their
story?**





Awesome!
Great!
Well Done!

Let's review



There's no one else exactly like you in the world, never has been and never will be.



Your story is yours to share with the world, and only you know what's like to be you.



Believing in yourself and embracing your authentic self is truly special.

“

**“The willingness to accept responsibility for one’s own life is the source where self respect springs”
-Joan Didion**

Thanks!

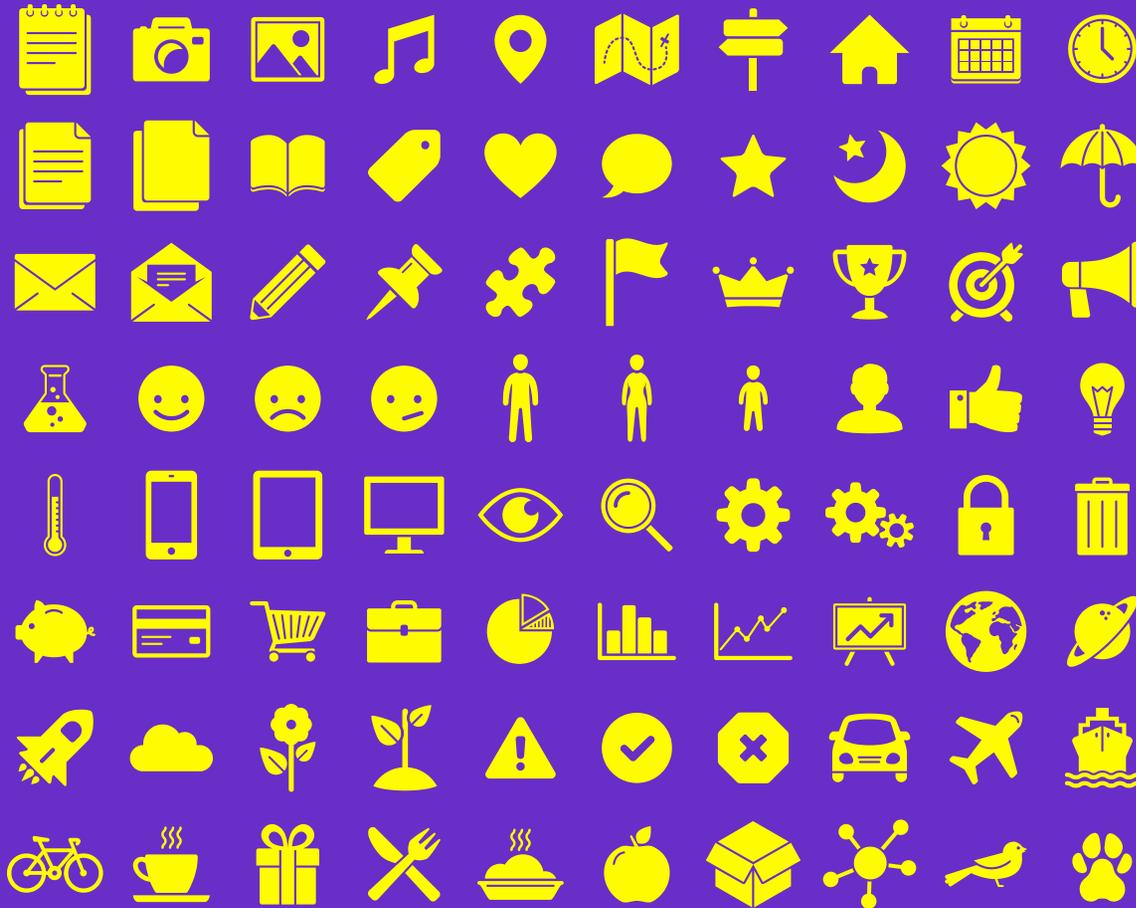
Any questions?

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Credits



Special thanks to all the people who helped me get to this point in my life. I am eternally grateful 



SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.
- Change line color, width and style.

Isn't that nice? :)

Examples:

