

# Personal Narrative Training

## Example



### Activity # 1 - Finding the Point:

Answer the following 3 questions.

1. *What do you want your audience to be motivated to do?*

To commit to and uphold the commitment to making time to act on climate change.

2. *What do you want them to reflect upon?*

Are they doing “enough” on climate change? What would they do for climate change?

3. *What are your 3 key messages/questions that you want your audience to get from your story?*

1. Climate change is urgent and important
2. I considered it important enough to change my career and life for.
3. Acting on climate change has brought be me joy and meaning.

### Activity # 2: Your Plot

Fill in the table with the key moments of realisation that brought you to where you are now:

What was the moment? eg: you read a book; had a conversation...	What did you realise and how did you feel?	What did you do and how did that make you feel?
In drama school, Loretta Chan's class - we watched a Madonna concert video where Madonna called out for people to donate to a charity to help Africa. In another class we researched about Shell aiding attacks on villages in the niger delta	What if people give \$20 to Madonna's charity, and then buy \$50 of Shell petrol on the way home? There's no impact.	I had to learn more about the interconnections with our lifestyle and the world and the issues we care about.
Holidays, enjoying the high life, travelling and performing.	I asked, is this my role? I know there are people less well off than me and there are bad things in the world, is it my job just to have a good time and leave that problem for others to fix.	Eventually I had to admit that I should be doing more and went looking for how i could use my skills.  That resulted in my volunteering for non-profits.
When my wife and I started to think about having children.	I asked myself what kind of a father would I be, what kind of world will they come into and I	I had to admit that even though I enjoyed the work and loved the people, I was not

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	want to be one that can honestly tell his kids that I was doing all that I could.	doing enough. I left my work with that NGO.
Working surrounded by people doing it for a love of Earth and country.	Made me want to go back and do something for my country.	I joined Climate for Change. I feel like I am doing everything I can now.

### Activity #3: Your Character

Answer the following three questions on your own, then discuss with another person to decide whether you include the information or not and if so, how?

1. *What makes you credible?*

I used to be a software engineer, and was successful at my job.  
Have run designed and run environmental education programs.

2. *What makes you relatable?*

Thinking about having children.  
Having that nagging question in the back of my mind.

3. *What makes you unrelatable?/ What might be a red flag for your audience?*

More than one career change can make it sound like you can't commit to things, don't know what you're doing or are lost.  
Being a drama student.

### Activity #4: Craft your Story:

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### Activity #4: Craft your Story:

<p>I used to be a software engineer. I worked on projects for Telstra, for a State Government health systems, for Australia's largest online toy retailer.</p> <p>But, while I was enjoying that, in the back of my mind, I knew there were problems in the world, and I had this niggling question. "Am I doing enough?" What's my responsibility to those problems? Is my role just have a good time? And when I don't think the government is doing the right thing do I just, complain to my friends about it and shout at the tv.</p> <p>And so I ended up joining an environmental non-profit, first as a volunteer, but then ended up joining full time. And I really loved it, not just that the work was purposeful, but the people that I worked with there all worked with this love for the Earth - it was an extension of their patriotism.</p> <p>And then I got married. And then my wife and I started thinking about having kids, and when I started to really think about that seriously those same questions came back with a vengeance - "am I doing enough? What kind of father will you be? what kind of world will your kids come into?"</p> <p>And there's this really haunting poem about climate change that I kept thinking about. It's written from the perspective of the next generation asking ours: "what did you do, when you knew? when the seasons started to change, what did you do?"</p> <p>And I loved the work that I was doing with the organisation I was with, I really believed in their work and still do and just loved working with them. But when I finally asked myself honestly, "am I doing enough?", and if I'm honest about the impact my work was having, I had to say no. We need many more people in our communities to understand climate change deeply so they can act.</p> <p>So I left.</p> <p>And, since Australia is a big player in climate change, I started looking for something I could do here. And I found the position I'm in now with Climate for Change. Which I really do think answers that question, this is the best thing I can be doing right now because we need a way for more people to be able to really engage deeply with climate change.</p>	<p><b>Credible</b></p> <p><b>Relatable:</b> Many people ask those questions.</p> <p><b>Relatable:</b> We all do these things</p> <p><b>Values:</b> Caring for the earth passionately.</p> <p><b>Vulnerable:</b> Introducing a very personal decision.</p> <p><b>Emotion:</b> A chance to recall and relive those thoughts.</p> <p><b>Emotion:</b> The difficulty of the decision.</p> <p><b>Values:</b> Making the difficult but right choice.</p> <p><b>Emotion:</b> Feeling good about what I do</p> <p><b>Values:</b> How change happens</p>
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