

Bill 148 Public Hearing Training Worksheet

Name:

Address:

Email address:

Phone number:

This handout is designed to help you prepare for your webinar training session on the Public Hearing for Bill 148. Try to answer every question to the best of your ability! If you have any concerns please do not hesitate to contact Melisa Bayon directly at mbayon@ofl.ca.

The issues resonate with me the most are:

- making it easier to join a union (i.e. card-based certification)
- paid sick days
- paid leave for survivors of domestic abuse
- \$15 minimum wage for *everyone*
- other: _____

Why do these issues matter to me? *Share your story with a concrete example of how Bill 148 affects you, your kids, friends, & community.*

Dig deeper:

How did it affect me **emotionally** (e.g. relationships)?

How did it affect me **physically** (e.g. fatigue, injury)?

How did it affect me **mentally** (e.g. depression, anxiety)?

For more issues, check out our handout outline Bill 148 included in your email.

Having a hard time breaking down your story? Use this simple tool!

5 Ws:

Who (*who was affected? You? Family? Friends? Community?*):

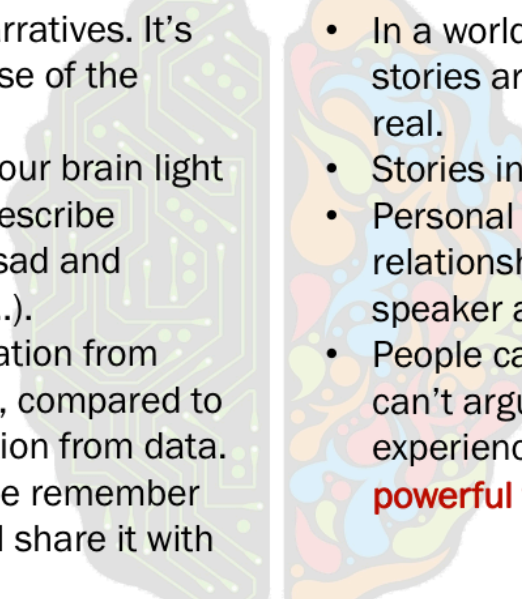
What (*what happened? Don't just focus on the literal events, but how you felt*):

Where (*how did this affect you at home, at work?*):

Why (*what caused this to happen? Lack of strong labour laws? No union?*):

When (*what happened? Does it still affect your life?*):

Wondering why we love using personal narratives? It's because they work!

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- Our brains love narratives. It's how we make sense of the world.
 - Mirror neurons in our brain light up when people describe senses (e.g. I felt sad and isolated because...).
 - 65-70% of information from stories is retained, compared to 5-10% of information from data.
 - Stories help people remember your message and share it with others.
 - In a world of sound bites, stories are more genuine and real.
 - Stories inspire your listener.
 - Personal stories help build relationships between the speaker and the listener.
 - People can argue stats, but can't argue your personal experience – **making it a powerful tool!**