



Having the story lead by a protagonist also helps to create a level of empathy with learners. By breaking up the flow of a heavier presentation, learners can allow their minds to rest yet still learn.

INSPIRATION

- [1] Article: [Close Your Eyes to Listen - You Might Understand More](#)
- [2] Video (2:29 min): [Palming Your eyes - for Relaxation and Clarity of Mind](#)
- [3] Video (8:34 min): [Seven Keys to Good Storytelling | Josh Campbell | TEDxMemphis](#)
- [4] Video (31:50 min): [How to Speak Without Notes - The Ultraspeaking Podcast - Episode 3](#)
- [5] Video (2:42 min): [How to Tell Stories](#)
- [6] Video (1:38 min): [Build a Story with Scenes](#)
- [7] Video (5:14 min): [How to Make a Storyboard for a Video in 6 Steps | Video Marketing How-To](#)
- [8] Online Course (free): [Storytelling for Change](#)

CONSIDERATION CHECKLIST

- See what aspect of the online session appears very content-heavy and needs some light release.
- Find a story or case study that reinforces the purpose of the heavy content.
- If the learners only remember one thing from the story, what do you want them to remember? Focus on that one thing when choosing and crafting the story.
- Format the story or case study into a story. That means making it more relatable by having it focus on a protagonist.
- Use a storyboard to help you visualize the story (this is a tool for the moderator and shouldn't be presented in the session) [Inspiration: 6, 7]