

HOW TO TELL YOUR STORY: WHAT'S YOUR STORY? WHY IS IT IMPORTANT?

For parents of children and adults with disabilities, chronic and mental health conditions and other health care needs.



Stories are a powerful way to engage with doctors, educators, social workers, policymakers and others in the community to build empathy and to build compassion. In this workshop, you'll learn how to tell your story to educate, influence and inspire others. There are many ways to craft your story. I will walk you through a step-by-step activity using creative writing techniques. This course is for anyone who wants to effectively tell an impactful story.

Why Your Story Matters

- To educate healthcare professionals for treatment plans.
- To help educators understand your child's medical care.
- To improve the quality of life for your child.
- To promote health equity by raising awareness.
- To gain access to programs, services and support.

Develop an Effective Story

- Who is the audience for your story?
- What is the message or experience you want to share?
- Why is your story important?
- What do you want to share with others?
- What actions do you want others to take?

Get Started Writing Your Story

- Take a moment to grab a pen, paper, and start writing.
- Reflect on your journey and what you want to share.
- Write about a pivotal moment in your life.
- Write a strong beginning to capture attention.
- Think about what you are feeling and hope to achieve.



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