

## Session Three: Your Inspiring Storytelling Presence

A. From panicked to poised: \_\_\_\_\_

B. Let the audience come to you: \_\_\_\_\_  
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C. Masterful storytelling presence: The ability to be completely in-the-moment with your story, without concern for how your audience is receiving it.

- The Oscar Story: Speak from your head with your heart wide open.

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- Head: the right story, at the right time, for the right audience
- Heart: open, honest and emotionally available
- Head: staying true to the story you have crafted
- Heart: delivering your story with compassion and trust
- Head: being disciplined and not going off on tangents

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D. Content and context: Feed their head and touch their heart

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E. The Story Theater difference:

- Body is language \_\_\_\_\_
- Silence speaks \_\_\_\_\_
- Make motion pictures \_\_\_\_\_

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# Storytelling Mastery – How to Tell an Inspiring Story

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## F. Mirror Neuron Response, from *Mirroring People* by Marco Iacoboni

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## G. Step IN and Step OUT

- OUT: When you are speaking to the audience. Tell your story in past-tense language and make eye contact with your audience members. Your energy and focus are going OUT to the audience.

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- IN Moments: Your energy and focus go INWARDS to your own thoughts and feelings.
  - An IN moment is a present-tense recreation of a moment in your story
  - There may be many IN moments
  - Look for actions, reactions and conversations
  - Show, rather than tell

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- Actions:

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- Reactions:

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- Conversations:

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H. Slow down:

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I. Think:

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J. Feel:

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K. How to rehearse:

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L. Inspiration is external. When we witness or observe something or someone that inspires us. We like what we see so much that it causes us to think and act differently. Inspiration is the spark that ignites action.

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M. Motivation is internal. It is the internal drive to take action or model our behavior on that which inspired us. If inspiration is the spark, motivation is the internal fuel that gets ignited and propels us forward.

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