

Directions for Personal Narrative Training Session

Please read these directions before you watch the video and begin working on your personal narrative.

The personal narrative training is conducted by **Irene Godínez**, currently of Poder NC. Irene has years of experience recruiting candidates to run for office and coaching them on their personal stories so they may present their most authentic selves to the voters.

Step 1: Before you watch the video please review [this website](#), with a key focus on the **Story of Self** portion. This website will help you learn how everything connects (Self, Us, Now) for future story integration.

Step 2: Start the video! The training video is approximately 30 minutes, however, it will ask you to **pause** and write during the video. Please be prepared to write before you watch the video. Please set aside at least one hour to focus on this training.

Step 3: At approximately the 16:12 minute mark Irene will discuss finding a **Challenge, Choice, and Outcome** for your own personal narrative. Please review the worksheet “**How To Create Your Personal Story**” during this portion.

Watch these story examples for more references:

[Harvey Milk's Hope Speech](#)

[Williams Sisters Nike Ad](#)

[Dermablend](#)

Follow-up: Irene has offered to work with candidates running for office in 2021 or 2022 on their personal narratives. If you'd like to set up a time to meet with her she can be reached at:

Office Hours - calendly.com/irenegodinez
919-627-7511 (cell)

This document was created for the Lillian's List Candidate Training Program and is not intended to be shared with anyone who has not attended one of the Lillian's List Candidate Trainings in 2021 or 2022.