



NARRATIVE 4

Share Today. Change Tomorrow.

FACILITATION TRAINING (ONE DAY)

TIME: 6 HOURS (INCLUDING BREAKS)

Who is Narrative 4?

Narrative 4 (N4) is a global nonprofit that harnesses the power of the story exchange to equip and embolden young adults to improve their lives, communities, and the world. N4 is a leader in the fields of empathy and education, using their trademark story exchange to navigate and heal our divided world. Backed by a vast network of artists, educators, and students charged with a mission to cultivate "radical empathy", N4's work focuses on the broad, yet intersecting, themes of faith, identity, immigration, violence, and the environment. N4 ambassadors around the world are creating tangible community improvement with personal stories as their foundation.

Narrative 4 facilitators

are key to the Narrative 4 story exchange. They lead the preparation, facilitate the exchange, and guide the reflection process. Facilitators are both the servants and leaders of a group; participants look to facilitators to meet the group's needs and to lead them safely and bravely through the process.

Every story exchange is guided by a certified N4 facilitator. By completing this training, individuals become certified N4 facilitators and are deputized to begin facilitating story exchanges in their classrooms, organizations, and communities.

Our Process:

Led by Narrative 4 facilitators, story exchanges are customized for classrooms, community organizations, and businesses, building on four basic steps:

- 1 Preparing** - A host, working with a Narrative 4 facilitator, organizes a group of participants, identifies objectives, ensures a safe space and builds trust through communication.
- 2 Pairing & Sharing** - After an introduction to the Narrative 4 and an explanation of the story exchange, the facilitator pairs participants and gives them time to share their stories, encouraging participants to actively engage with their partner and listen to the story.
- 3 Exchanging Stories** - After a break, the facilitator reconvenes the group in a circle and asks each participant to retell his or her partner's story in the first person. his or her partner's story in the first person.
- 4 Reflecting** - The facilitator initiates a group debrief about the feelings, impact, and lessons from the story exchange, and then creates a sense of closure.

This workshop will:

- Introduce you to the story, mission, and vision of Narrative 4
- Explore the purpose, benefits, and risks of empathy in a divided world
- Allow you to experience the power of the story exchange
- Create community connection
- Explain the role of a facilitator
- Identify the essential skills of a successful facilitator
- Teach deep listening skills
- Offer the N4 Facilitator Toolkit and resources in order to utilize in the field

