



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.

The Story Exchange:

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 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.
- 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



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Participants will be asked to:

- Acclimate themselves to Narrative 4's website and work before attending
- Tell a personal story of their choice (story prompts will be offered)
- Receive and retell another person's story
- Participate in creating and cultivating a brave and a safe space for storytelling
- Reflect on the experience
- Share insights from their own experience with facilitation, if applicable
- Consider ways to integrate the story exchange into the classroom and community
- Register as a facilitator

Targeted skills include:

- Empathy building
- Deep listening
- Perspective taking
- Effective communication
- Recognizing personal judgments and staying out of judgment
- Self-awareness
Introspection and outrospection
- Cultivating courage
- Effective facilitation techniques
- Navigating challenging group dynamics

This workshop will benefit individuals and communities who:

- Wish for an authentic experiential learning experience
- Aim to develop social emotional learning
- Desire to build classroom or community cohesion
- Want to promote positive school, workplace, and community climates
- Strive to cultivate courageous conversations
- Encourage civic responsibility in students and community members

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