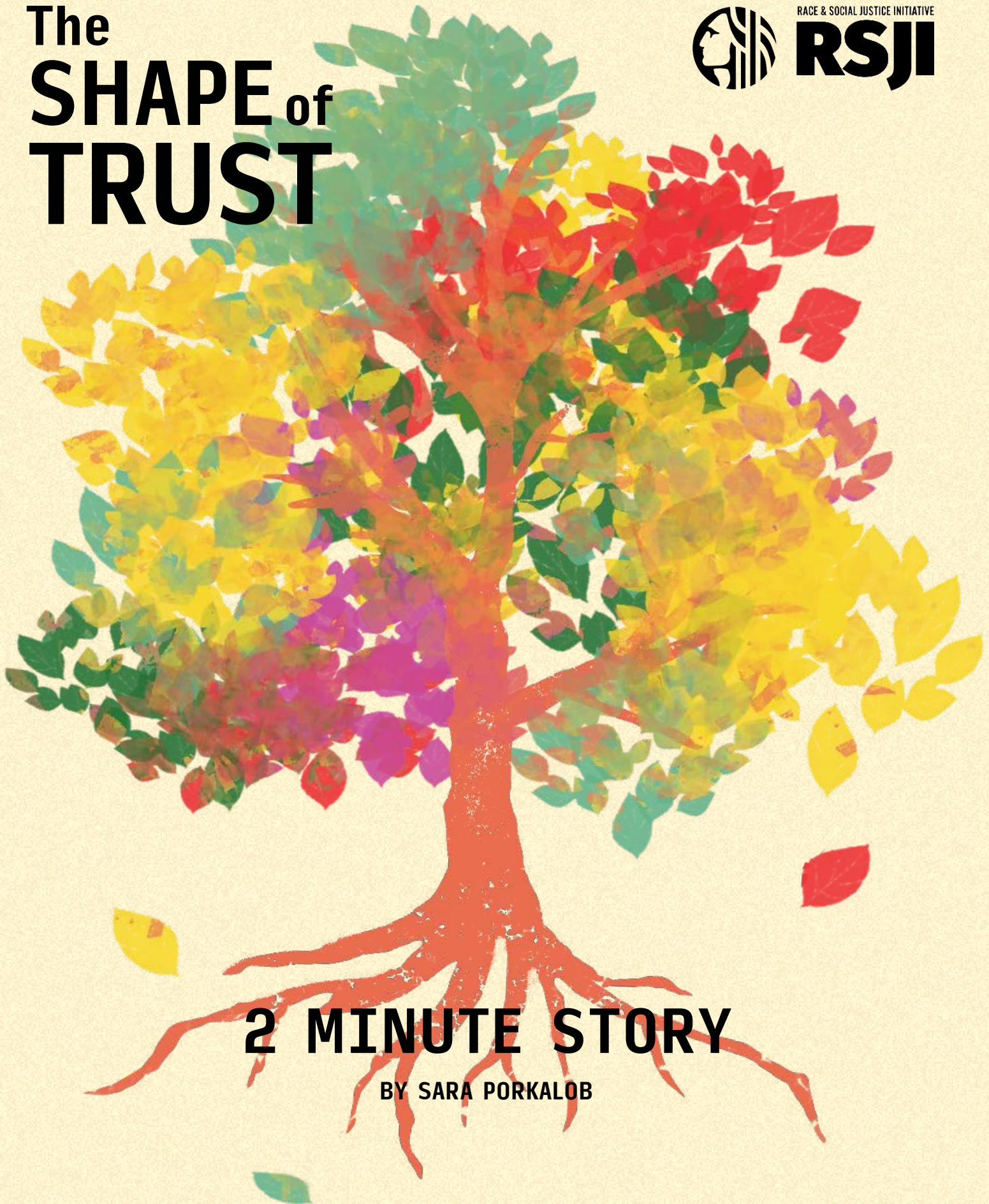


# The **SHAPE** of **TRUST**



RACE & SOCIAL JUSTICE INITIATIVE

**RSJI**



## **2 MINUTE STORY**

BY SARA PORKALOB



# WHAT

An immersive storytelling exercise that can be done in pairs or individually. This activity can be adapted for live, virtual learning.

## Number of Participants

8-80.

## Time

**20-40 minutes.** Timing for each step is flexible, based on the needs of the group and overall facilitation plan. Some suggestions are provided. Total time will depend on format (in-person, virtual, or hybrid), number of participants, and other factors such as where you want to focus learning and for how long. We expect that experienced facilitators will know how to adjust and limit time as needed.

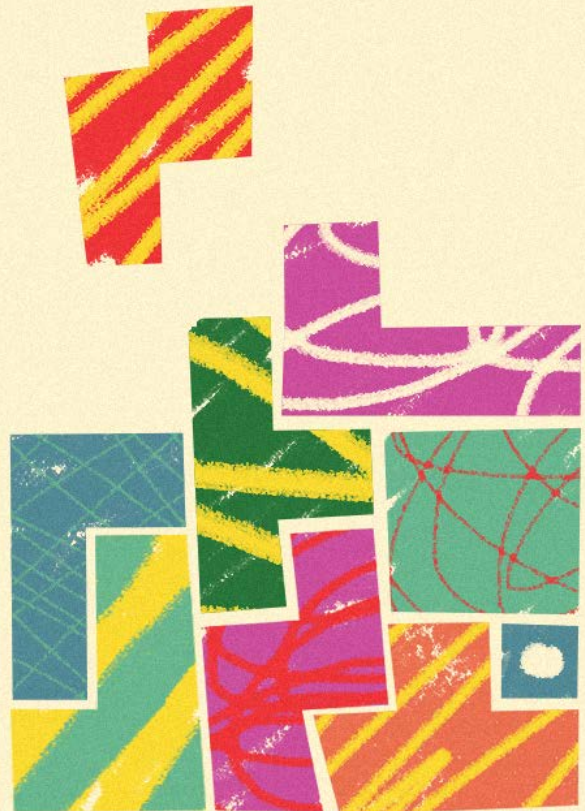
This Activity Spotlight is a component of The Shape of Trust Video Facilitation Guide by the City of Seattle Race and Social Justice Initiative (RSJI). For information on the facilitation experience recommended for those using the Guide, a glossary of terms, and tips to support collective health, wellbeing, and belonging – in particular of BIPOC – please download the Guide from the RSJI website.

# LEARNING OBJECTIVES

## Participants will:

Mine their unique lived experience for stories and share their stories with others.

Practice active listening while holding space for other people's stories.



# Participant Preparation

Participants do not need to prepare or bring any materials.

## Facilitation Materials

- If done individually, you will need paper and pencil/pen, or a digital device to write on.
- If done in pairs, one person is designated “Partner A” and the other is “Partner B”.
- The Shape of Trust Video Facilitation Guide, “Glossary”.

# HOW IT WORKS

## THINK / WRITE / SHARE (5 min)

Invite participants to think of a story that is:

- True
- Happened to them (i.e., they are the main character)
- Is important and meaningful to them

Participants write or share their stories. Time the group. Give them a 10-second warning, and then tell them to stop when time is up.

- Individuals (2 minutes):
  - They may either write their story down or say it out loud. If they speak, they must continue talking for the entire 2 minutes and stop talking when time expires.
- Pairs (4 minutes):
  - Partner A will tell their story to Partner B.
    - Partner A must talk for the entire 2 minutes.
    - Partner B must give their full attention to Partner A (i.e., eye contact, still body, holding space).
    - Partner B is not allowed to verbally respond.
  - Once the two minutes are up for Partner A, switch. Partner B will follow the same steps as Partner A, and vice versa.

- Variations:

- Individuals:

- Ask each person to write their stories, then do the exercise a second time by speaking their stories out loud. Reflect on the differences.

- Pairs:

- After the first round, ask participants to do the exercise again using the same story, but begin the story in a different place than before. Reflect on the differences.

## REFLECT (15 min)

**Discuss with the group:**

- 1 What was that like? How did it feel in your body, heart, and mind?
- 2 How did the timing constraint affect your story and storytelling?
- 3 What was it like as the listener not being able to verbally respond?
- 4 For pairs: what do you think supports active listening and taking in the other person's story?
- 5 How might you use an activity like this to build collective muscle to work to eliminate experiences of racism and other forms of oppression in the workplace? How might you use this in supervisory relationships, on teams, or within divisions or departments?