

Exercise 1: **Preparing Your NEO Story**

Stories have beginnings, middles and ends. They have a challenge and a resolution.

1. Think about a positive personal experience you've had with your union that made a difference in your life and jot down a few notes below. How did it start? How did it end? What did you overcome or succeed at?
2. As you think about your story, add in the emotions. How did you feel: sad, excited, proud, concerned? How did other people in your story feel: angry, frustrated, relieved, happy?
3. What details can you add that make the story come alive? For example: people's first names, what time of year it was or the weather, (if it makes a difference to the story,) or why the issue was so important to resolve.
4. Now tell your story in two minutes or less! You may want to practice it yourself first. Then have one of your partners time you as you tell your story. Get feedback and then rotate to the next person on your team to tell their story.