

effective
affective **Voices**
Patient
reflective



Introduction to digital storytelling

Pilgrim Projects / Patient Voices Elverum, NO 17th February 2020

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Welcome!



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Why are we here?

- Please introduce yourself, telling us
 - Your name
 - Your expectations and hopes of the workshop
 - How you plan to use digital stories/digital storytelling
 - Two things you like
 - Two things you dislike

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Why tell stories?



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What makes a good story?



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What makes a good story?

'I'm sorry to have written you such a long letter – I didn't have time to write a short one.'

Mark Twain

'Show, don't tell.'

'Stories are always true: it's the facts that misled.'

Jeanette Winterson

'The foundation of a story is an emotional foundation – in other words, a good idea that moves.'

Yann Martel



What makes a good story?

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'Sure, a story needs to have a beginning, a middle and an end, but not necessarily in that order!'



Jean Luc Godard

Change

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'All great literature is one of two stories; a man goes on a journey or a stranger comes to town.'

Leo Tolstoy

The shapes of stories

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www.youtube.com/watch?v=oP3c1h8v2ZQ

A very short story

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A very short story

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For sale
Baby shoes
Never worn
Hemingway



Seven steps

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- Owning your insight
- Owning your emotions
- Finding the moment
- Seeing your story
- Hearing your story
- Assembling your story
- Sharing your story

STORYCENTER
LISTEN DEEPLY. TELL STORIES

My greatest privilege

Voices Patient reflective

www.patientvoices.org.uk/flv/1106pv384.htm Emma King, 2017

Reflections?

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- The moment?
- The insight/s?
- The feelings?

Passages past dragons

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'No matter what form the dragon may take, it is of this mysterious passage past him, or into his jaws, that stories of any depth will always be concerned to tell...'

Flannery O'Connor

Floristry, perhaps?

Voices Patient reflective

www.patientvoices.org.uk/flv/1118pv384.htm Lizz Summers, 2016

Transformation

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'People reach greater maturity as they find the freedom to be themselves and to claim, accept and love their own personal story, with all its brokenness and its beauty.'

Vanier 2004

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The power of listening

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The story journey

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- Story
- Script
- Recording
- Organise your assets
- Storyboard
- Images
- Editing
- Bells and whistles



4 Cs

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- Connection
- Context
- Crisis
- Closure



How was that for you?

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- Moments?
- Insights?
- Feelings?



Good morning

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Autumn leaves

at HealthVoices Patient reflective



www.patientvoices.org.uk/flv/1168pv384.htm Grete Jamissen, 2018

Distillation

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Clear

Pure

Potent

Jo Tait

Your story

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- What is your story about?
- What is your story *really* about?
- What is your story really, really about?



Seeing your story

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- Seeing the images
- Locating/creating the images to use
- Understanding the images
- Explicit vs implicit imagery

Seeing your story

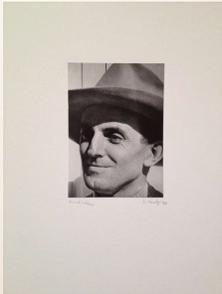
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- Use your own photos if possible
- Take photos
- Draw pictures
- Landscape rather than portrait
- Make use of image editing software
- Stretch images to fill gaps
- Think metaphorically – use abstract images
- Avoid Googling for images
- Less is more!

Seeing your story

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'When words become unclear, I shall focus with photographs. When images become inadequate, I shall be content with silence.'



Ansel Adams

Hearing your story

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'One of the hardest things in life is having words in your heart that you can't utter.'

James Earl Jones



Assembling your story

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(Less is more!)




Assembling your story

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Telling a Story is like Conducting a Symphony




Sharing your story

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The stories are all one

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'Each affects the other and the other affects the next, and the world is full of stories, but the stories are all one.'

Mitch Albom

Sharing values and vision

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'If you want to build a ship, do not start by gathering wood, cutting planks and assigning tasks. Instead, inspire a longing for the wide, endless sea.'



Antoine de St Exupery, 1943

Compassionate leadership: a facilitator's guide Part of the DNA of Care programme © NHS England and Pilgrim Projects

Where next?

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Thank you very much.

Please stay in touch.

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