

Squiggly Careers PodSheets

How to develop your storytelling skills



We are all hardwired to tell and listen to stories. Storytelling at work creates connection and strengthens relationships.

Storytelling is a skill to learn and practice, no matter our level of experience or role.



Be willing to be daring, to go into the unknown.



- Bobette Buster

Sharing your story

What's one thing your work colleagues don't know about you?

Limiting beliefs about storytelling

- "I don't have any stories to tell"
- "The stories I have aren't interesting"
- "People aren't going to care about my story"

Dare to share your personal experience

Everyone has a story to tell. Knowing your story helps break down barriers. The more stories we tell, the more we reach common ground.



Reflect on your story and act on any impulses to share your story with others.

Turn storytelling into a shared experience

Taking time to listen to others and then letting the other person listen to you in turn, helps create a feeling of community and connection.



Create space for stories everyone can tell. Start with a proudest moment and a failure story.

Tell stories authentically

Authentic stories help you and the other person relate to each other on a human level. Authenticity trumps a perfectly crafted story every time.



Think about how the feelings your story create come across in your words, tone and expressions.

Coach Yourself Questions

- How can you find more moments for storytelling at work?
- What could you do to improve your storytelling skills?

Recommended resources



[How to tell your story so the world listens](#)

An insightful read from story consultant, lecturer and screenwriter Bobette Buster



[The radical act of storytelling](#)

Bobette Buster's Tedx talk suggesting useful storytelling tools



[How to use storytelling at work](#)

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Amazing if