

Professional Storytelling: Using Camp to Catapult Your Career

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SUMMARY: We will join together in a professional storytelling workshop focused on translating camp experiences using different modalities.

GOALS:

- Participants will be more prepared to track their own skill growth/change over time
- Build awareness of the types of moments in the upcoming summer that will have professional value to participants and further, identify skill areas where they want to grow.
- Participants will be able to reflect on previous camp moments that developed their professional skills.

AUDIENCE: Seasonal staff members and young professionals, with an ideal group size of around 30.

TIMING: 75 minutes

MATERIALS: [Materials needed by anyone trying to replicate this program, including links and supplemental documents, handouts, attachments]

[STAR Method worksheet](#)

[e21 Resume and storytelling examples](#)

[1-minute fairytales](#)

SET-UP: Ideally, participants are seated at either rectangular or round tables!

SESSION TIMELINE

- 00:00-00:10 – 1-minute storytelling icebreaker
- 00:10-00:20 – Introduction and Agenda
- 00:20-00:30 – Individual Journaling
- 00:30-00:50 – Breakout Groups
- 00:50-00:60 – Opportunity to share with the big group

- 00:60-00:65 – e21 Examples
- 00:65-00:75 – Bringing it back to camp

SESSION OUTLINE

00:00-00:10 Ice Breaker

- **GOAL:** Practice telling a story in a concise and powerful way (and have fun!)
- 1-minute fairy tale activity
 - Break into groups of 3 or 4
 - Give each group a 1-Minute Fairy Tales (see handout)
 - For groups of 4, the 3 Little Pigs or the Lion & the Mouse
 - For groups of 3, the Tortoise & the Hare
 - Each group will have 2 minutes to assign roles and look over the script
 - Then each group will act out their story in
 - 1 minute
 - Then in 30 seconds
 - Then in 15 seconds

00:10-00:20 Introduction & Agenda

- Facilitators introduce themselves and their professional background!
- Imagine it is now September 2024...what do you want to be able to say you accomplished at camp this summer that could help you on your career path?
- Reference the growing exterior career pressures camp counselors face

00:20-00:30 Individual Journaling

- **GOAL:** Get participants to think about the skills they've learned at camp and how those can translate to their future careers
- **Process**
 - Think about where you see yourself 5 years from now
 - Write about any experiences you've had in the past few years at camp that will help you reach this destination
 - Think about your staff experience. Reflect on a moment in camp where you learned something that has helped you grow into the person you are today.
 - (For example, share a story about a moment in camp when you learned something, ie. Skill/Value.) - Session leader encourages the group to think about the following:
 - A story from camp that has had a meaningful impact on shaping your perspective as a current 19–21-year-old
 - A moment as a counselor where you were challenged, but overcame it
 - A time when a supervisor of yours disagreed with how you wanted to handle a situation and how you managed it. Did you incorporate the feedback/ perspective and/or use your own gut instincts / knowledge?

00:30-00:50 Breakout Groups

- **GOAL:** Give structure for telling stories from the journaling activity

- **Process**
 - Each group member chooses a story
 - Break a story down into the STAR (Situation/Task, Action, Result) Framework (see handout)
 - Share the story with the group members in around 90 seconds
 - Get feedback
 - Refine the story (as time permits)

00:50-00:60 Opportunity to share with the big group

- Story Jam framing: “and this is how I saved the summer”; Encourage those who do not generally volunteer to go first;
- Each group should select 1 or 2 stories to present to the whole group; Not necessarily rigid “1 presenter per group”
- Each story is ‘an elevator pitch’ to potential employers, parents, friends. Should be kept to under 2 mins;
- Every story matters but feel no pressure to present.
- When presenting say your name and camp you are from, try to finish your story with “...and this is how I saved the summer.”

00:60-00:65 e21 Examples

- Handout and share the overview of résumé and storytelling examples (see e21 handout)

00:65-00:75 Bringing it Back to Camp

- Pay close attention to the moments of growth you experience this summer while it is still fresh and make note of them!
- Working at camp can benefit your development as a young professional and through storytelling can also be a valuable tool in any interview setting.
- Encourage participants to share/pass on these skills to their peers. If you haven’t shared in this group, consider sharing in your camp room.
- Give participants the opportunity to ask any lingering questions to the panel of presenters.

BRINGING IT TO YOUR CAMP

While this entire session may not be replicable at camp by the counselors, participants should be able to talk about the skills they’ve gained at camp, think about what they want to gain this summer, and share that with their peers at camp.