

What is
on your mind
right now?

Can you share
with us a story about
yourself or someone
you care about?

What does it feel like
to have someone listen to
you or to really listen
yourself?

Who would
benefit most from
hearing your
story?

**Donate your story.
Experience a story.**

Contribute today at (267) 758-4646
PennMedicine.org/ListeningLab



Penn Medicine



Listening Lab

Pocket Guide to Sharing Your Story

Thank you for using this pocket guide, which has been designed to encourage participation from patients, caregivers, staff, and providers across Penn Medicine.

1. As you craft your story, focus on something that is meaningful to you and would inspire others to be more present, compassionate, or empowered. We are particularly interested in stories about listening and being listened to, especially those that have impacted a relationship or a challenge you have faced.
2. Practice telling your story a few times by yourself or with a friend. Try not to rush or speak too slowly. Your story should be 3-5 minutes in length, and with a clear beginning, middle, and an end. We are not seeking stories of complaint or compliment. All stories should be de-identified of personal information.
3. We recognize that storytelling can be a vulnerable experience. It can also be creative and fun. We hope you enjoy this opportunity to share, and it enriches your experience of listening and being heard. After contributing, your story will be reviewed by a selection committee. If we feature your story publicly, we will seek your express permission.

Share your story today by calling our 24/7 recording line at (267) 758-4646. If you would rather record your story in person, contact: share@pennlisteninglab.org