"By listening to each others' stories… we can break down the walls that separate us into different cultures, religions, ethnicities, races, classes and nationalities."
- Reza Aslan

Hello,

We are looking forward to meeting you at the *Conference of Directors of National Libraries* on Wednesday 27th July for a Narrative 4 Story Exchange Workshop! The Story Exchange is an immersive experience that cultivates empathy & listening skills, as well as creating connections across differences.

Who We Are:

Narrative 4 exists to break down barriers and shatter stereotypes by using the power of stories, art, and education. We are a global organisation driven by artists and shaped by educators. Using our core methodology, the Story Exchange, we help people understand that their voices, stories, actions, and lives matter. We believe stories have an innate power to create empathy in society. From our work within the community we know the shortest distance between two people is a story.

Founded by writers in the USA in 2012, today Narrative 4 have staff in Mexico, Nigeria, USA, Ireland and South Africa. Narrative 4 Ireland was established in 2016. See Narrative4.ie.

To Prepare:

Outside of courage and an open heart, the only thing you need to bring is **a true five-minute story** that you are willing to share about an **object** that holds significant meaning in your life.

Your stories can be anchored in joy, pain, connection, hope. The object could be a family photograph, or your favourite book for example. <u>We would like you to bring the object with you on the day, if this isn't possible please bring a photo of the object with you.</u>

Remember, each of us is made up of countless stories, but during our time together we would like for you to share just one story from your life, no longer than 5 minutes.

We will guide you through the process and model a story for you on the day. We look forward to meeting you and guiding you through the Story Exchange experience!

Narrative 4 Ireland Team

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