

**Sharing your
experiences:**
Challenging the
stereotypes of
ageing



*"Storytelling is the most powerful way
to put ideas into the world today"*

- Robert McAfee Brown

Tips for writing your story about something new or different that you've started doing

1. Start off with something interesting about yourself that will help the reader or listener connect with you and your experience
2. Tell us about the 'before' - what made you decide to change.
3. Include any obstacles or challenges and how you overcame them. Don't gloss over the bad times, sharing what you found hard and how you persevered will help others
4. Describe how you feel about your change and why you enjoy it. Use emotive and descriptive words so your reader or listener can imagine what it's like for you
5. Is there good research or data that support the change you have made? Is it good for physical, mental, emotional, social or spiritual wellbeing? See if you can add this into your story
6. Finish up with some words of encouragement to anyone who is thinking of making a similar change.

If you would like to share a story you have written contact
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