



Women Wednesdays for Harris
Permission to Speak © Samara Bay

Warm up to Show Up ✨

4 steps to warm up before you
have a tough conversation or
step onto any stage...

1. **Notice any old stories** in your head (“I’m never good at...”) and love on yourself hard. Those stories don’t belong to you or to the future you’re helping build.
2. **Move your body** (shimmy, yoga, run, or dance??)
3. **Connect to your breath and make sound** so your voice isn’t foreign to you. Start with a gentle hum.
4. **Prime yourself** with a memory of a time you felt truly badass. Breathe it in. Feel the permission.

Storytelling: Scruffies, Specifics, Structure

Reminder: Your stories can be tiny.

Scruffies!


- ✨ An a-ha in the shower
- ✨ A call with a friend
- ✨ Something you read online
- ✨ A moment your kid was upset and you found yourself saying just the right thing, etc etc.

As Nobel Prize-winning novelist Kazuo Ishiguro noticed about the important turning points in his life:

“Often, they are small, scruffy moments.
They are quiet, private sparks of revelation.”

Specifics!

Just a few will make a picture form in the listener’s mind.

Notice both the literal and emotional ones in this example  What if instead she’d said, “I needed childcare and my aunt came to help”? Womp womp.

“One night **my Aunt Bee** called to check in. I thought I was fine, but then **I broke down and started to cry**. I had tried **holding it all together**, but **without reliable childcare**, working was nearly impossible. And when I told Aunt Bee I was going to quit my job, **I thought my heart would break**.”

Then she said the words that changed my life: ‘I can’t get there tomorrow, but I’ll come on **Thursday**.’ She arrived with **seven suitcases** and a **Pekingese named Buddy** and stayed for **sixteen years**. I’m here because of Aunt Bee.”

—Elizabeth Warren’s stump speech

Structure!

- 1 **As few details as possible** so we know where you are and what your emotional state is. More details (smells, sights, how cold the day was, etc) totally fine but totally not necessary. “I was 21 the night of Nov 8, 2016 and I was sweating at the Javits Center...”
- 2 **Moment of a-ha.** “Then I got a call,” or “that’s when it hit me...” or “as I was lying there I realized...” or “that’s when I knew...”
- 3 **What you did next.** Action or decision.

Peptalk and playbook 

