



ARUKAH NETWORK

FOR GLOBAL COMMUNITY HEALTH

STORYTELLING - The STAR Technique

Telling stories about your work is essential: it generates awareness, it inspires others and it creates change. A good tool to use in order to tell your story simply and easily is the STAR acronym...

S is for **SITUATION**:

What was the problem that you wanted to overcome? Or what were the local strengths that you wanted to make use of? This is the background or introduction to your story.

T is for **TASK**:

What did you or your organisation decide to do in response to this situation?

A is for **ACTION**:

How did you complete the task, and what skills did you use to do so?

R is for **RESULT**:

What was the outcome of your actions, and the affect that it had in your community?

NOW TRY IT FOR YOURSELF...

Have a go at writing or telling a story about your work in just four sentences, using the STAR method.

For more simple guides visit:
www.arukahnetwork.org/resources