

## DISHING UP TORONTO Tip Sheet

- You are the expert of your own life story!
- Focus on shared experiences instead of differences.
- Use “I” as oppose to “We”
- Resist the temptation to speak on behalf of the experiences of an entire community.
- Expect a diverse audience – what about your story is universal? How can you inspire people to see themselves in your story?
- Start a conversation. The goal is to share migration stories in the hopes of encouraging dialogue and to build bridges between visitors from **all backgrounds**.
- Have fun!