



hateless



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EA Consulting & HATE-LESS Train the Trainer

Voices from the Margins.

Interview-based Storytelling

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Energizer – From Silence to Listening

Step 1 – Learning Path & Train-the-Trainer Workshop Overview

Activity	Learning Path – Hero's Journey	Content	Time
Energizer – 30 min	From Silence to Listening	The Hummingbird Question: Acts of Listening Make Voices Matter	17:00–17:30
Step 1 – Learning Path & Workshop Overview	Arrival / Ordinary World	Participants gather and join the journey, EAC & HATE-LESS intros, series recap, today's outcome	13 min
Step 2 – Check-In & Mini-Energizer	Arrival to the shared mission: How to make someone feel heard	Menti/chat: "What small action can make someone feel heard?"	2 min
Step 3 – Theory / Background	Awareness – Small actions, shared impact	Hummingbird story + one question can create space for one voice	2 min
Step 4 – Check-In	Noticing the power of questions	Quiet reflection: "What makes a question feel safe or meaningful?"	1 min
Step 5 – Main Activity Experience	Opening the door	Participants transform "small acts of listening" into thoughtful interview questions	9 min
Step 6 – Reflection	Bridge to interview-based storytelling	Participants share the question they created as the starting point for their interview	2 min
Step 7 – Reward & Resources	Threshold	Takeaway: "Every voice matters. Every good interview begins with care."	1 min
BREAK	Pause / Reset	Stretch, prepare phone or recording device	17:30–17:35

Energizer – From Silence to Listening

Step 1 – Learning Path & Train-the-Trainer Workshop Overview

Activity	Learning Path – Hero's Journey	Content	Time
Main Activity – 55 min	From Question to Voice	One Question, One Voice: Micro-Interview Video Sprint	17:35–18:30
Step 1 – Question Quiz	Call to Adventure	Our Mission: Listen. Protect. Respect Qualities of good interview-based storytelling.	8 min
Step 2 – Theory / Background	Receiving the Tool	Listening with care . The CARE storytelling framework .	5 min
Step 3 – Choose Your Question	Choosing the Path	Write one open, respectful interview question that could help a voice or perspective be heard.	2 min
Step 4 – Video Script with The CARE Video Spark	Tool + Creation	Answer CARE [Curiosity – Attention – Reflection – Empower] questions to write video script.	10 min
Step 5 – Record the Reel	Act of Courage	Participants record a final 20–40 second interview-inspired participatory video	20 min
Step 6 – Trainer Reflection & Evaluation	Return / Trainer Reflection	Reflect on how this helps young people see their voice matters	7 min
Step 7 – Reward, Resources & Campaign Pathway	Gift / Reward	Evaluation, CARE Video Spark handout, optional HATE-LESS campaign feature, closing quote	3 min