

EA Consulting & HATE-LESS Train the Trainer

Voices from the Margins.

Interview-based Storytelling

Main Activity - One Question, One Voice

Step 1 - Micro-Interview Video Sprint

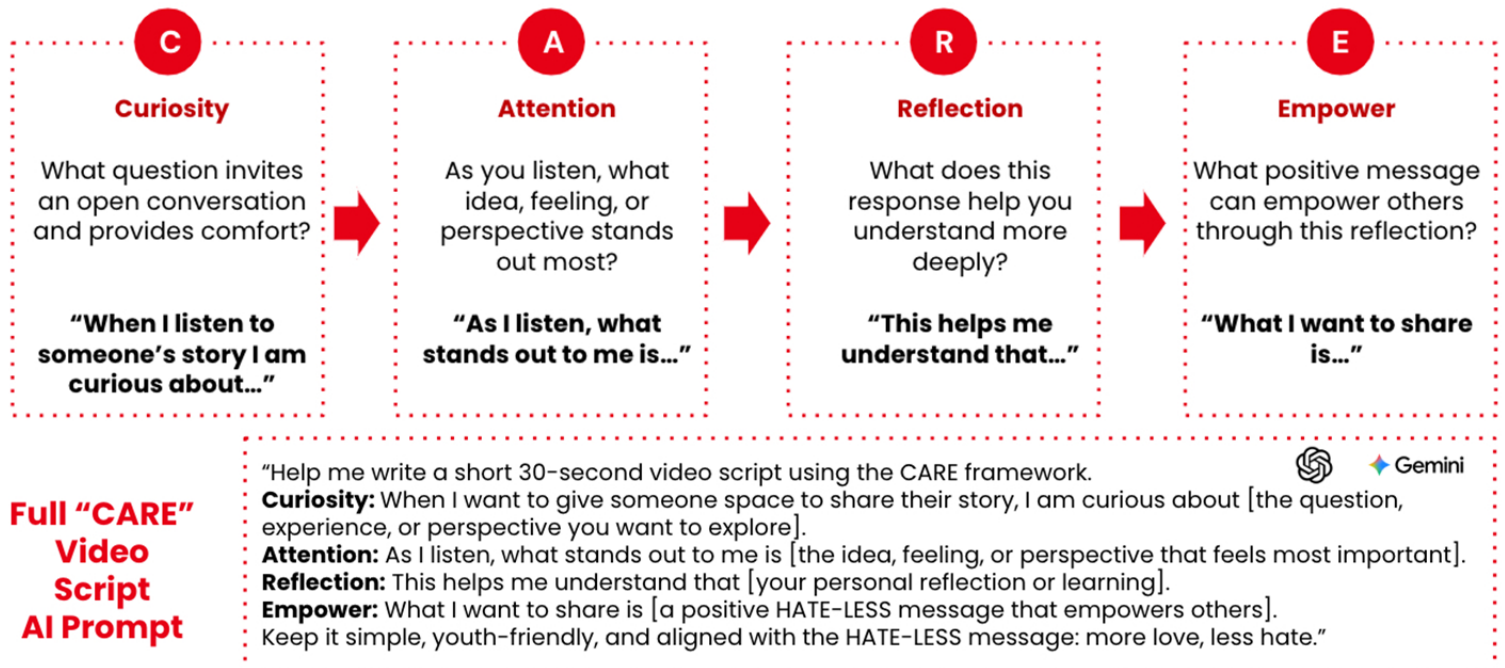
Question Quiz

Listen. Protect. Respect

1. **Listen:** Which question is most likely to help someone feel heard?
2. **Protect:** Which question gives the speaker the most freedom to respond in their own way?
3. **Respect:** Which question feels most respectful for interview-based storytelling?



Step 3 & 4 - CARE Video Spark



Step 5 - Act of Courage! Record the Reel

Recording tips

1. **Record vertically** if you are using a phone.
2. **Start with a question** to inspire the video/conversation.
3. **Use natural light** or a ring light if possible. Face the light instead of sitting with strong light behind you.
4. **Stabilize your phone or camera** by using a tripod or placing it on a steady surface.
5. **Keep one clear message:** one location, one shared value, one positive online message.
6. **Protect privacy:** avoid showing addresses, documents, private screens, private messages, usernames, or people who have not given consent.
7. **Speak clearly and keep it natural:** use your own voice, go slowly, and do not aim for perfection.

Video Rules for Feature

1. **Reflect HATE-LESS values:** respect, inclusion, empathy, and more love, less hate.
2. **Keep it safe:** positive, respectful, and non-political.
3. **Protect privacy/GDPR:** only include yourself; no children, personal data, private screens, or other people without consent.
4. **Upload here:** [HATE-LESS 2/4 - Voices from the Margins Videos](#)
5. **Publication:** Videos may be used for project communication only with your consent.

One Question. One Insight. One Small Drop of Voice.

