



Find the story. Shape the meaning. Bring it to life.

The Story Toolkit is a collection of tools for finding, shaping, practicing, and telling stories drawn from your own experience. It's for anyone with something to tell: at work, on a stage, in an interview, in a classroom, or around a kitchen table.

THE TOOLS

FIND

Story Mining

Find the stories hiding in your experiences.

[Open now](#)

PRACTICE

Story Gym

Practice using stories, a few minutes at a time.

[Open now](#)

PERFORM

Bring It to Life

Rehearse how a story sounds, feels, and connects when told aloud.

[Open now](#)

MAP & SHAPE

Evidence Map • Story Coach

Gather what you can do, and shape it into strong interview stories.

[Coming next](#)

WHY IT HELPS

Judgment, not formulas

Learn to notice meaningful moments, choose useful details, and shape stories with purpose.

Practice that sticks

Short, focused exercises build confidence through observation and rehearsal.

Your stories stay yours

Work is saved in your browser. No AI reads, processes, or trains on it.

Grounded in *StoryTraining: Selecting and Shaping Stories That Connect* by Hadiya Nuriddin.