

30mins  
- 2hours

# EXPLORING LIFE STORIES

intro

A way to find out more about a friend or family member, and give them space to tell their story. Sitting down and intentionally taking the time to ask questions you've always wondered the answers to.

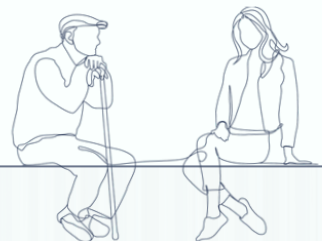
Before you get together:

*Think about what you'd specifically like to ask them about to add to the list of questions in this guide.*

*Decide whether you'll record the conversation, and if so have a recording device charged and ready.*

To start:

- State if there's anything they don't want to talk about you'll move on.
- Start with today's date, where you both are, and how long you've known each other for.
- Keep these follow-up questions in mind throughout: 'why \_\_\_\_?'; 'what did you mean by \_\_\_\_?'; 'how do you reflect on \_\_\_\_ now?'



that conversations activity

30mins

- 2hours

# EXPLORING LIFE STORIES

*questions to ask*

- What were you like as a kid?
- Where did you grow up? What was it like growing up there as a kid? What did you do for fun outside of school?
- If they have sibling(s) - how has their relationship(s) evolved over time? If they were an only child, what was that like?
- Talk to me about primary school - how was it overall? Any standout memories or teachers (good or bad)?
- Talk to me about secondary/high school - how was it overall? Any standout memories or teachers (good or bad)? What interested you subject wise?
- End of secondary/high school, what was going through your head? Why did you decide to do what you did next?
- Take me through your career to date. Ask about jobs they've had, highlights, lowlights. Any career changes.
- What's been your most notable experience abroad? (holiday, living, studying)
- How did you end up living where you are now and doing your current job?
- What's on the cards for you in the near future?
- Add in specific lived experience or topics you want to ask them about



that conversations activity

30mins  
- 2hours

# EXPLORING LIFE STORIES

*troubleshooting*

Asking follow-up questions based on what they've said

- Make a short note of what they say that you want to revisit
- Don't interrupt their flow, wait until they finish answering before you ask a follow-up question

They ask you something, or turn a question back on you

- Be open to them asking you to answer the question they've answered before moving on

Someone is giving you short sharp answers to every question

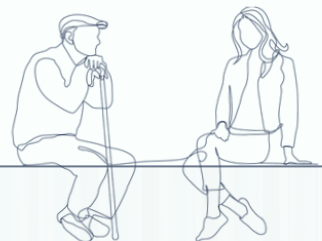
- Asking follow-up questions can help tease out more details
- Provide some answers yourself, share your experience of the same thing you've just asked about

Something potentially triggering comes up

- Check-in and see if it's okay if you can ask them about the topic before posing any questions
- Don't pry into something that someone is finding uncomfortable to talk about
- Move on to the next question or take a break, have drink of water and a breath before continuing

Your interviewee gets flustered because of a question

- Apologise, state that it wasn't your intention. Ask if they'd like to take a break or move on



that conversations activity