

Children Of Pain: 4 steps to recovery for survivors of childhood abuse - ChildrenOfPain.com
Guest Speaker Script - 04/28/21

[host] The focus of today's meeting is a Guest Speaker.

Speaker already volunteered: Today, _____ will be our guest speaker, and will have up to 15 minutes to share with you. I will tell _____ when there are 5 minutes left, when 1 minute is left, and then when the 15 minutes are over. Are you ready? Okay, go ahead and I'll put myself on mute.

No volunteer speaker yet: Who would like to be our guest speaker today? You can talk on anything about childhood abuse. If you've never done this before, think of it like 3 five-minute shares where:

for the first 5 minutes: give an outline of the abuse you survived.

for the middle 5 minutes: tell how the abuse impacted you.

for the last 5 minutes: describe how you have learned to live in the present with your past.

Great, so _____ will be our guest speaker, and will have up to 15 minutes to share with you. I will tell _____ when there are 5 minutes left, when 1 minute is left, and then when the 15 minutes are over. Are you ready? Okay, go ahead and I'll put myself on mute.

After the speaker share: Thank you _____ for being our guest speaker today. Would you like to offer a topic for the open share part of our meeting? The topic offered is _____.

Please remember that for safety reasons we do not share any personal information like last names, DOB, phone numbers, emails or addresses during our shares, and to stay muted when not sharing.

As long as it relates to surviving childhood abuse, a share can include talking about today's topic, offering another topic, asking a question for others to answer, or just talking about whatever's on your mind.

Shares can be up to 5 minutes. You can time yourself, or I can time you. If I time you, I'll tell you when 1 minute is left, and then when the 5 minutes are over, and it is okay to take a few moments to finish your share when the 5 minutes are up. Please let me know that you have heard me when I tell you the time, and follow our safe-share guidelines. If you'd like to have any or all of these guidelines re-read, just ask.

Let me thank the last speaker before you request to share, and say your first name when requesting to share. If several people ask to share at the same time, whoever asked first will go first, and the others will go on a waiting list to share next.

So, who would like to share? Would you like me to time you? Okay, go ahead and I'll put myself on mute.

THANK YOU _____ YOU HAVE BEEN HEARD.