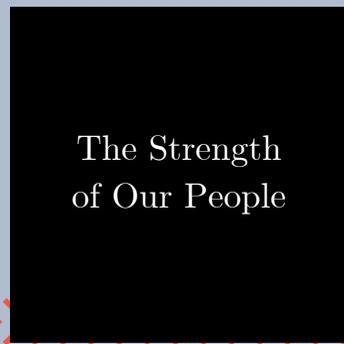


# "A Day in the Life" Storyboard

There should be **THREE** participants featured, each from a different generation (ex. 18 years old, 35, and 60), following the format outlined below. Included are male and female examples and how each participant should be handled. A male participant should go first. Each participant should optimally be given **40 seconds screen time** in order to hit the 2:00 mark.



Opening Title Slide: "The Strength of Our People."

**Begin on 00:00**



**Setting:** Participant's home.  
**Shots:** sweeping shots of family photos, culture, etc.  
**Mood:** Deep, instantly emotional  
**Music:** light piano or inspirational violin



**Setting:** Participant's home.  
**Shots:** head-on shot of the participant.  
**Mood:** Powerful, proud, emotional  
**Music:** cont.

**Dialogue:** *Introduce themselves saying something about their family*  
Ex. "My name is Adam and my family lives across Alaska. My parents and grandparents are here in Anchorage but I have two cousins in Bethel and an aunt in Juneau."



**Setting:** Participant's home interior or exterior.  
**Shots:** quick, varied shots of the participant with family or interacting with their culture in a helpful and meaningful way.  
**Mood:** Meaningful, relatable  
**Music:** cont.

**Dialogue:** *Confidently say something about their strengths (use the word) and how they use them in their family*  
Ex. "I am the guy everyone in my family calls when they need something fixed. My greatest strength is helping people."



**Setting:** Providence Hospital or MOA Classroom

**Important:** *Do not include hospital or clinic branding in shots*

**Shots:** over the shoulder shadowing or close shots of the participant in their routine at work.

**Mood:** Strong, purposeful

**Music:** cont. with an upswing in beat



**Dialogue:** *Say something about how they are able to use their strengths in their job to help people beyond their family.*

**Important:** *Do not mention the hospital or clinic they work for.*

Ex. "I use my strengths every day in my job as an EMT, responding to calls and helping people in emergency situations."



**Setting:** Providence Hospital or MOA Classroom.

**Shots:** head-on shot of the participant again, this time in work uniform.

**Mood:** Thankful, powerful, confident

**Dialogue:** *Say something about how Cook Inlet Tribal Council's healthcare training program has given them this opportunity and the impact it has on their life.*

Ex. "Cook Inlet Tribal Council has helped me get the education I need to do what I love every day."

**End on 00:40**

# "A Day in the Life" Storyboard *continued.*



**Setting:** Participant's home.  
**Shots:** sweeping shots of family photos, culture, etc.  
**Mood:** Emotional as the previous intro  
**Music:** cont.

**Begin on 00:41**



**Setting:** Participant's home.  
**Shots:** head-on shot of the participant.  
**Mood:** Powerful, proud, emotional  
**Music:** cont.

**Dialogue:** *Introduce themselves saying something about their family*  
Ex. "My name is Hannah and I have three children, two dogs, and one husband. I also take care of my mother-in-law who lives with us."



**Setting:** Participant's home interior or exterior.  
**Shots:** quick, varied shots of the participant with family or interacting with their culture in a helpful and meaningful way.  
**Mood:** Meaningful, relatable  
**Music:** cont.

**Dialogue:** *Confidently say something about their strengths (use the word) and how they use them in their family*  
Ex. "One of my greatest strengths is that I have always been good at taking care of my family, anticipating their needs and helping them feel loved and cared for."



**Setting:** Providence Hospital or MOA  
Classroom

**Important:** *Do not include hospital or clinic branding in shots*

**Shots:** over the shoulder shadowing or close shots of the participant in their routine at work.

**Mood:** Strong, purposeful

**Music:** cont. with an upswing in beat



**Dialogue:** *Say something about how they are able to use their strengths in their job to help people beyond their family.*

**Important:** *Do not mention the hospital or clinic they work for.*

Ex. "As a nurse assistant, I am able to use my strength to care for others in the community."



**Setting:** Providence Hospital or MOA  
Classroom

**Shots:** head-on shot of the participant again, this time in work uniform.

**Mood:** Thankful, powerful, confident

**Dialogue:** *Say something about how Cook Inlet Tribal Council's healthcare training program has given them this opportunity and the impact it has on their life.*

Ex. "Because of the education I received through Cook Inlet Tribal Council's healthcare training program, I can support myself and my family using my strengths."

**End on 1:21**

# "A Day in the Life" Storyboard continued.



**Setting:** Participant's home.  
**Shots:** sweeping shots of family photos, culture, etc.  
**Mood:** Emotional as the first intro  
**Music:** cont.

**Begin on 01:22**



**Setting:** Participant's home.  
**Shots:** head-on shot of the participant.  
**Mood:** Powerful, proud, emotional, heartwarming  
**Music:** cont.

**Dialogue:** *Introduce themselves saying something about their family*

Ex. "My name is Peter, I live at home with my beautiful wife. Though our kids are grown and out of the house, I am still as active and busy as ever."



**Setting:** Participant's home interior or exterior.  
**Shots:** quick, varied shots of the participant with family or interacting with their culture in a helpful and meaningful way.  
**Mood:** Meaningful, relatable  
**Music:** cont.

**Dialogue:** *Confidently say something about their strengths (use the word) and how they use them in their family*

Ex. "My family has always depended on me to be their rock. I'm so proud to have the strength over all these years to provide a wonderful life for them."



**Setting:** Providence Hospital.  
**Important:** *Do not include hospital or clinic branding in shots*

**Shots:** over the shoulder shadowing or close shots of the participant in their routine at work.  
**Mood:** Strong, purposeful  
**Music:** cont. with an upswing in beat



**Dialogue:** *Say something about how they are able to use their strengths in their job to help people beyond their family.*  
**Important:** *Do not mention the hospital or clinic they work for.*

Ex. "Working with people brings me a joy unlike any other. When I see pain in my patient's eyes I know I have the strength to give them the care they need."



**Setting:** Providence Hospital.  
**Shots:** head-on shot of the participant again, this time in work uniform.  
**Mood:** Thankful, powerful, confident  
**Music:** cont.

**Dialogue:** *Say something about how Cook Inlet Tribal Council's healthcare training program has given them this opportunity and the impact it has on their life.*

Ex. "The Cook Inlet Tribal Council's healthcare training program has allowed me to embrace my passions and use my strength to make my community a better place."

**End on 2:00**