

## **“Take A Leap – Finding My Next “Me” Through Story-telling” Course**

**Tutor:** Roger Hill

For people who have identified change and growth points in their present life. The course will offer storytelling as way of developing a renewed sense of self to negotiate these.

**Dates:** See website

**Venue:** The Bluecoat

### **Week 1**

Introduction to “My Story”

Self-introduction exercises-

Exercises in group-sharing, speaking, joining in, self-portrayal, physicality, listening, appreciation,

Pair-work as well as circle-work

Giving advice

Asking questions/investigation

Basic Craft-work – making, assembling, picturing

Relating to the listener(s)

Recollection Work - Feedback

### **Week 2**

Circle-share on personalized theme

The act of recall/recuperation

Self-characterization by incidents/life-moments

Sharing aspects of your life, by theme, eg, children, home, house, work, holiday, family, childhood, etc.

Autobiography

Opening-up the details of a personal incident, then shaping it into a story

Giving feedback

Reconnecting with self

### **Week 3**

Introduction to “Their Story”

Finding stories

Adapting stories

The role of the story-teller

Creating Stories

Confidence In Sharing

Understanding story

### **Week 4**

Weaving Story-telling into Life’s Fabric

Story-audit for individuals

Sharing chosen stories

Feedback

Story-telling as recreation