

Story Power with David Roche

WORKSHOPS

Story Power workshops, classes and breakout sessions are suitable for people with all levels of experience - from beginners with stage fright to professional speakers. Workshops are designed to meet the needs of participants. Some examples include:

Story Power for Youth

For young people, their current experience and future hopes are more relevant and real than past-life review. Their stories tend to be forward looking, about finding their place, defining their identity, developing core values, exploring autonomy, and discovering who they are becoming. Their stories also can involve identifying and claiming the foundations of who they are and how they came to be that way. Storytelling can be a way to sort through societal pressures and the complexity of today's world to find a deeper soul's need. Listening to and expressing one's inner voice is especially important to adolescent development.

Story Power for Self Advocates

Self-advocacy is a valuable skill for many reasons. It allows those whose voices have been stilled to claim their unique life experience. Casting light where previously there was shadow broadens an audience's understanding of what it means to be part of the human family. Stories from the margins, told by outsiders, are important not only for those sharing their truth but for the power they have to transform society.

Story Power for Seniors

Legacy stories transmit the personal details that enrich a family's culture and give evidence of values lived. The real legacy is found not in the facts or chronology, but in the truth of a life. There are always two stories being told: one is about what happened and the other, deeper story reveals who experienced and shaped those life events. We help build stories that show the personality and character formed from life experience. Enriching one's heritage is an enduring gift to new generations.

Story Power for Shy People

We like shy! Shyness is far from being an impediment to storytelling. It serves as a ripening agent for a story that is waiting to be told. Shyness can help words to be well chosen. In this workshop we bring a variety of techniques that honor shyness and its story-burnishing qualities. Our approach, always safe and encouraging, will help bring out the true power of shyness.

Story Power Master Class: “Authenticity is Not a Mystery”

This workshop is for those with ambition and a passion to fine tune their storytelling, clear goals and a readiness to deepen their stories. We help participants find the entry portals for listeners, spark up the humour, and craft a polished story. We review their goals and how we can best support achieving them. The class is limited in size and composed of people with similar intentions. Individual coaching offers opportunities and tools for immediate use because each participant tells his or her story more than once. The class is excellent for bringing focus and growth to solo show or public speaking projects.

Stories in Common: The Organizational Vision

The vision of an organization may be expressed in ideals and intentions - but it is grounded in the reality of the lives of its members. When they tell their stories, the organization’s deepest vision emerges *as it is lived*. The lived stories embody the vision and lend the compelling cachet of concrete reality as opposed to abstractions.