

Devereux Advanced Behavioral Health
Our Stories, Our Journey - Pilot Project, Workshop #1
Monday, April 23
Time: 3:30p

Facilitator: Shannon M. Turner, smtstories@gmail.com, 540-552-3482

Projected # of Attendees: 12

WORKSHOP OBJECTIVES:

- Discuss the practice of deep listening and how it benefits more than just your storytelling capacity.
- Discuss the power of personal narrative and why it matters in today's world.
- Define key concepts: vulnerability, floodlighting

Opening	15 min	<ul style="list-style-type: none">● Conversation<ul style="list-style-type: none">○ What is your history with storytelling?○ What are your goals for this time?○ Why is this an important skill for you and why did your leaders choose to offer this workshop?○ Give brief introduction to what we'll be doing today○ Meeting agreements● Shannon will tell a story: DOWN THE RABBIT HOLE● What are the elements of a good story?
Deep Listening	15 min	<ul style="list-style-type: none">● Tell a story in pairs – cannot nod or verbally respond● Why we're talking about deep listening
Building Energy (if needed at some point)	10 min	<ul style="list-style-type: none">● Energy/theatre games<ul style="list-style-type: none">○ Pass the whah○ Morphing whah
Vulnerability	10 min	<ul style="list-style-type: none">● Play clip of Brené Brown (3:45) and discuss vulnerability as a skill● Reflection on storytelling challenges and opportunities● Discuss floodlighting

What You Can Do	5 min	<ul style="list-style-type: none">● Play story from Snap Judgment (0:35)
Reflection & Wrap Up	5 min	<ul style="list-style-type: none">● Opportunity for open dialogue● Talk about what's going on at school and how you can use storytelling in the future● Reflection Question:<ul style="list-style-type: none">○ What was one thing you learned today that was unexpected?