

Craft Your Narrative: An Oral Storytelling Workshop with Lani Peterson

“The primary function of stories is social connection. Stories transcend generations, engaging us through emotions, and so we can share passions, sadness, hardships and joys, meaning and purpose. Stories allow us to understand ourselves better and to see commonalities and have empathy for others.”

— **Dr. Pamela Rutledge**, *Director, Media Psychology Research Center*

Our brains are naturally wired to respond to stories, transforming a mix of facts and emotions into an engaged and meaningful response. The wealth of learning within stories extends not only from the successes but equally from the challenges faced. The stories we tell shape our paradigms and influence how we perceive ourselves. Crafting and sharing a resonant story not only communicate effectively but also instills belief in our own abilities.

For Immediate Release:

Avid Learning in collaboration with **Usha Venkatraman** presents **Finding, Developing, and Telling Your Personal Stories**, a unique oral storytelling workshop with *Professional Storyteller and Storytelling Coach Lani Peterson*. The full day workshop is designed to help the participants delve into, and share meaningful stories. Through carefully crafted exercises, the participants will uncover the significant moments from their lives sharing the insights and learnings with other attendees. No matter the level of storytelling expertise, the workshop will provide a secure and supportive environment, the participants will develop, evolve and deepen their personal stories.

The workshop will begin with exploring traditional tales and unraveling the pivotal experiences that make a compelling story. The participants will learn to construct the backbone of a narrative by mapping out the chronological arc, emotional journey, and the insights gained. Lani Peterson will teach the attendees how to add depth to a story with vivid details and sensory elements, tailoring the narrative to resonate with the audience and conveying the intended message. The participants will also get a chance to hone their storytelling skills by practicing delivery with both ease and impact step by step in this guided workshop ensuring that the stories are not just told but felt and remembered.

This workshop is the latest chapter in Avid Learning's extensive storytelling series. From empowering children with skills beyond reading to delving into the intricacies of storyboarding and adapting graphic novels for digital platforms, the journey has extended into the performative realm. The series has included a masterclass dissecting the structure and elements of immersive storytelling, and workshops that transform scripts into captivating 'Snapchat' style videos, highlighting the therapeutic power of writing and sharing stories.

Whether you aim to weave tales for your children, share insights with colleagues, or take the stage for a performance, join the workshop to transform the meaningful chapters of your life into resonant narratives that are truly worth sharing.

Workshop Details

Where: Podium, Essar House, Mahalaxmi, Mumbai

When: Saturday, 9th November 2023

Time: 10 AM - 10:30 AM - Registrations | 10:30 AM - 4 PM Workshop

Fee: Rs. 1500/-

Register: www.insider.in

Press: Ayeshah Dadachanji (ayeshah.avid@gmail.com)

About Lani Peterson:

Lani Peterson's background includes over 25 years as a professional storyteller and story coach informed by a doctorate in psychology from William James College, a master's in counseling psychology from Lesley University, and an undergraduate degree in literature from Smith College.

Known for telling and encouraging personal stories, Lani has a specialty in story exploration as a healing art and change agent. From CEO's to scientists, doctors, mental health providers, ministers, and parents, she has worked with individuals, groups, and organizations to help people find their stories, share their stories, and come together with a deeper level of connection and understanding. Her ongoing mission is to bring to light and share the stories that will open doors within and between storytellers and listeners alike.

About Lani Peterson:

Usha Venkatraman

www.ushavenkatraman.com

<https://www.instagram.com/u.venkatraman?igshid=1xbg113raxuld>