

# .....Once Upon a Time – An Introduction to Oral Storytelling

Iris Curteis

Sunday 10 January 10am to 3pm

CWA Dorrigo

Cost: \$30 pp

Have you ever heard a story told from mouth to ear? Do you love folktales? Did you know that storytelling builds community? When we listen to a story together, we story become ours. When we hear a story, we live through the heroine's experience of joy, sorrow, fear, courage and compassion. We activated and increase our capacity for empathy and understanding through storytelling. We find role models who create better lives for themselves and whole communities, because they think outside the square, find courage in desperate situations, recognise allies – no matter what outer shape or appearance they have – and act with compassion, originality and a sense of humour. Come and learn how to tell a tale, work with archetypes, metaphors and motifs, inspire and empower yourself, your friends and community to re-organise thinkinre-interpret experiences, and rediscover our humanity.

## Contact:

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