



Project Story: Speak The Spark Storytelling Workshop

Catrina Main

“When you choose to share a story, you share a piece of yourself. Stories explain your heart, decode your history, decipher who you are, and translate it all to whoever takes the time listen carefully.” - *How to Tell a Story* by The Moth

On March 9th Cat Main and Chela Davison led a storytelling Workshop for the community at Evergreen Hall, thanks to a Neighbourhood Small Grant. 10 participants joined them to learn more about each other and the art of telling stories.



Both Chela and Cat are members of the group *The Playful Void* which held their first storytelling night called *Speak the Spark* at Tuscany Restaurant on Bowen on September 17th, 2023. They were interested in how stories could bind us together, mend ruptures and remember a shared humanity. They were also curious how telling and hearing each others stories could potentially help to weave together the fabric of this community.

The premise of *Speak the Spark* is that tellers have 10 minutes to tell a story, that the story has to be true and about the storyteller themselves. 5 people were set up to tell stories that first night, though it was unclear if anyone was going to show up! But to their surprise the restaurant quickly filled. And since then they have held 5 other nights of storytelling for the community on Bowen.





Neighbourhood Small Grants Bowen Island

Holding these storytelling nights led the group to wonder if there might be interest in a storytelling workshop. They were curious if this would allow more people to take part in writing and sharing their stories, especially people who are interested in doing so but intimidated by the process. The group wanted to give people the opportunity to practice in a smaller, safer environment where they could receive coaching and support, as well as learn a bit more about their neighbours!

The workshop on March 9th ran from 10am to 1pm and followed the structure listed below:

- Welcome Intro
- Participants introduce themselves
- Storytelling in the context of Speak the Spark
- Writing exercises with prompts to get the creative juices flowing
- Debrief of writing exercises. Where did your attention go? What caught your interest?
- A break for snacks, drinks and connection
- Breakdown of a good story. Transformation, stakes, and meaning
- Time for writing your story with coaching if needed
- Story sharing. Everyone getting the chance to share in small groups with feedback
- Debrief of the workshop - sharing your experience



Our feedback from the people who joined the workshop that day was that they enjoyed getting to know each other in this context and that they felt creatively supported and inspired. They also shared they were interested in having more opportunities like this to craft their work as well as foster connection.

“Stories are the currency of community.” - *How to Tell a Story* by The Moth



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