

The logo features a central dark blue circle with the letters 'UIC' in light blue. This circle is surrounded by a yellow ring, which is further enclosed by a red ring. Four thick lines radiate from the center: a yellow line pointing up and right, a red line pointing up and left, a yellow line pointing down, and a red line pointing down and right. The background is a solid light blue.

UIC

Alumni Exchange

**ALUMNI
ASSOCIATION**



Alumni
Exchange

The Power of Storytelling in Our Everyday Lives

Meghna Bhat, PhD
(she. her. hers)

ALUMNI
ASSOCIATION



Alumni
Exchange

Agenda

- My Story
- What is storytelling?
- Why storytelling?
- How to write or share stories?
 - Types of storytelling
- Where to use storytelling?
- Important considerations
- Resources

ALUMNI
ASSOCIATION



Alumni
Exchange

My Story...

ALUMNI
ASSOCIATION



Alumni
Exchange

ALUMNI
ASSOCIATION



I AM...
I COME FROM...
I COME AS...





Alumni
Exchange

“Stories move in circles. They don’t move in straight lines. So it helps if you listen in circles. There are stories inside stories and stories between stories, and finding your way through them is as easy and as hard as finding your way home. And part of the finding is getting lost. And when you’re lost, you start to look around and listen.”

—Corey Fischer, Albert Greenberg, and Naomi Newman

A Travelling Jewish Theatre from *Coming from a Great Distance* Excerpted from
Writing for Your Life by Deena Metzger

[Digital Storytelling Cookbook](#) (StoryCenter, 2010)



Alumni
Exchange

WHAT IS STORYTELLING?

Storytelling Basics

ALUMNI
ASSOCIATION



Alumni
Exchange



- True and personal narratives
 - Lived experiences
 - First-Person

ALUMNI
ASSOCIATION



Alumni
Exchange



Image Source: Pxfuel

Polling Question:

How familiar are you with writing and/or sharing stories with others?



Alumni
Exchange



Image Source: Pxfuel

Polling Question:

What is your intention with storytelling?

ALUMNI
ASSOCIATION



Alumni
Exchange

WHY STORYTELLING?

ALUMNI
ASSOCIATION



Alumni
Exchange

Benefits of Storytelling

- ❑ Increases empathy
- ❑ Community building
- ❑ Affirms our values
- ❑ Improves physical & mental health
- ❑ Finding our own voice
- ❑ Public policy
- ❑ Narrative & culture change



ALUMNI
ASSOCIATION



Alumni
Exchange

Audience Question:

Please type your reply in the zoom chat

What are some of the other benefits of listening to and/or sharing true personal stories?

ALUMNI
ASSOCIATION



Alumni
Exchange

HOW TO WRITE OR SHARE STORIES?

ALUMNI
ASSOCIATION



Alumni
Exchange

Types of Storytelling

Video
[visual/ no words]

Audio/Oral

Written

Digital
[audio/visual]

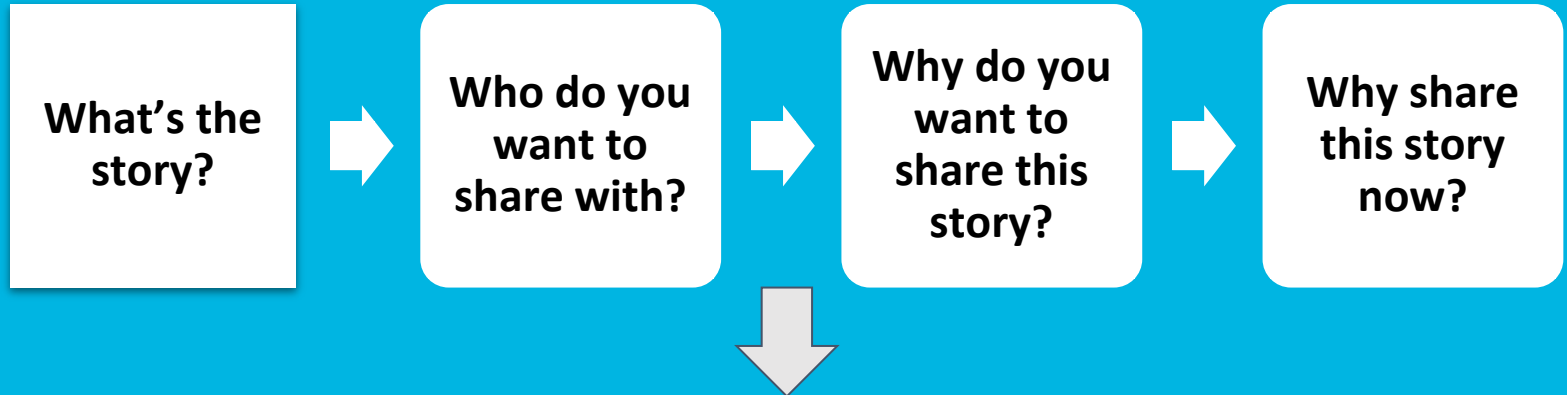
ALUMNI
ASSOCIATION



Alumni
Exchange



Identify and Write a Script



Write a script of 250-400 words
Read, narrate, edit and finalize script
Add images, voice, videos or just share your story

ALUMNI
ASSOCIATION



Alumni
Exchange



Digital Storytelling

- A short, first-person video-narrative created by combining
 - recorded voice,
 - still and moving images, and
 - music or other sounds.
- 7 Steps of Digital Storytelling
- Facilitated by a trained digital storyteller



Alumni
Exchange

Story Circles



Image source: geo pixel

ALUMNI
ASSOCIATION



Alumni
Exchange



Digital Story

Dear Aayee...

“Stories of Home”

<https://www.youtube.com/watch?v=NRlgE5R2DE4>

ALUMNI
ASSOCIATION

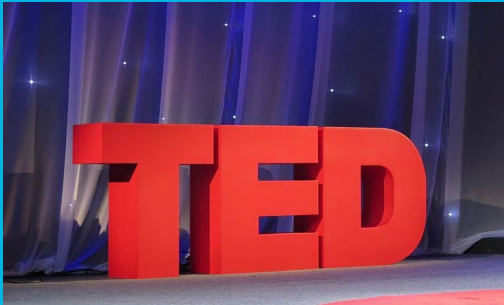


Alumni
Exchange

Other Types of Storytelling



Source: Vic (Flickr)



Juliana Rotich on Flickr





Alumni
Exchange

WHERE TO USE STORYTELLING?

Next Steps

ALUMNI
ASSOCIATION



Alumni
Exchange



What's the purpose?

- *Highlight a social problem in your communities*
- *Asking for grant money*
- *Job Hiring or Interviewing*
- *Intergenerational legacy and family bonding*
- *Personal growth and/or healing*
- *Success stories for funding reports*
- *Spread joy, hope, and stories of resilience*
- *Historical documentation*

ALUMNI
ASSOCIATION



Alumni
Exchange



Who is your intended audience?

- *Significant others, family members and children*
- *Your communities: cultural, faith-based, etc.*
- *Grant funding organizations*
- *Important community stakeholders and leaders*
- *Hiring team and/or work colleagues*
- *Yourself :)*
- *College application and/ or scholarship committee*

ALUMNI
ASSOCIATION



Alumni
Exchange

What story to share?



ALUMNI
ASSOCIATION



Alumni
Exchange

ALUMNI
ASSOCIATION

Unpacking story writing:

- *What is your memory about your favorite home meal?*
- *What is your first memory of your first work experience?*
- *What was your first experience of leaving home like?*
- *Share a story when you were told by someone you inspired them or your kindness made their day*
- *Write a short letter to your younger self thanking them for a moment of courage or hope...*
- *Picture Story Prompt*



Alumni
Exchange

Important Considerations

ALUMNI
ASSOCIATION



Alumni
Exchange

ALUMNI
ASSOCIATION

Checklist:





Alumni
Exchange

TAKE AWAY:

- Storytelling is not a substitute for therapy/counseling
- Ongoing consent and readiness as a storyteller
- It's okay if you write your story only for yourself
- Facilitate ethical and trauma-informed storytelling
- Do not share others' stories outside your story circles
- Anonymity and confidentiality
- Attend virtual/ in person story slams, Moth events etc.



Alumni
Exchange

Audience Chat Question:

List one thing you learned and are taking away from today's session?

ALUMNI
ASSOCIATION



Alumni
Exchange

Resources

“We are ALL storytellers” ~ Jimmy Neil Smith

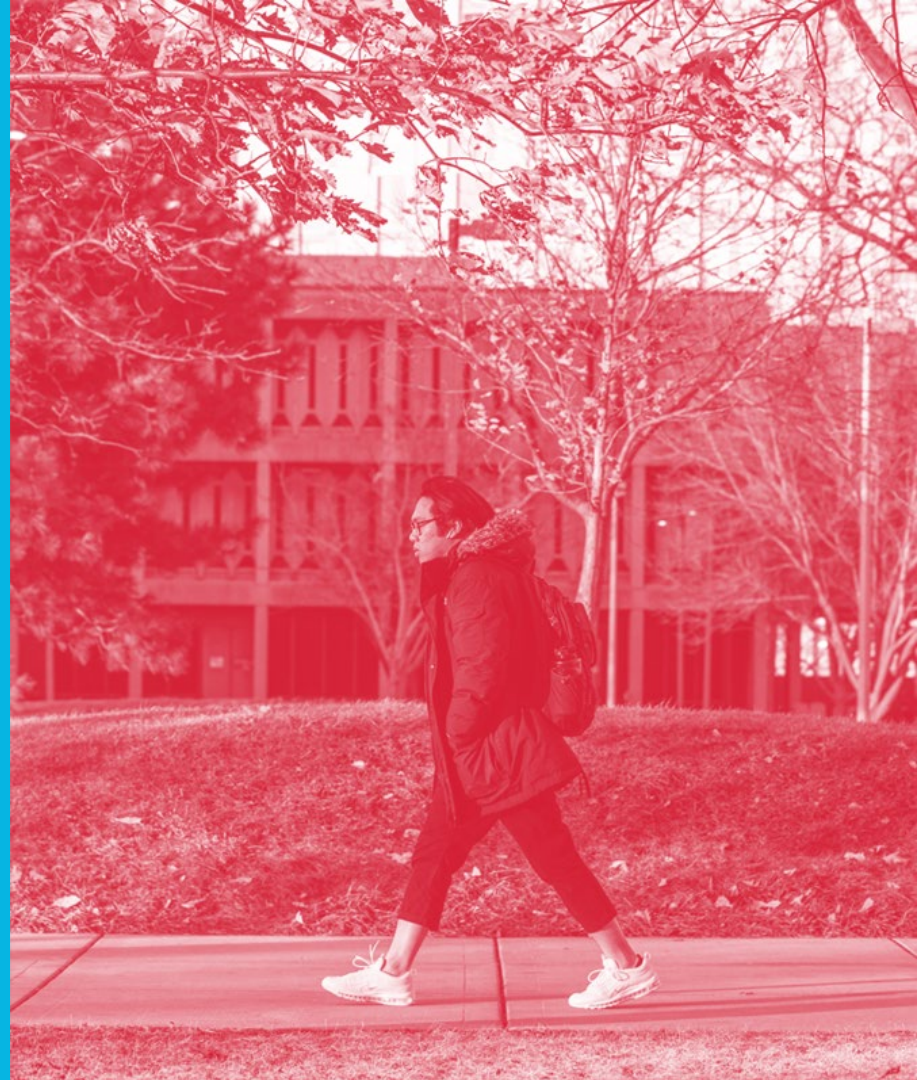
ALUMNI
ASSOCIATION



Alumni
Exchange

- Meghna Bhat: www.meghnabhat.com (trained in Oral and Digital storytelling facilitation)
- StoryCenter: www.storycenter.org
- Capital Storytelling: <https://capitalstorytelling.com/>
- ValorUS Web Conference:
<https://www.valor.us/webconferences/storytelling-basics-for-community-building-in-the-time-of-covid-19/>
- Our Collective Future Story Circle Guide: IDVSA: <https://idvsa.org/wp-content/uploads/2020/01/ICA-19.060-Youth-Story-Circle-Guide.pdf>
- Story At Scale: <https://www.storyatscale.org/>
- [Vermont Network] [Write It Out: Using Words and Art to Strengthen and Heal Family Bonds](#)
- Art + Storytelling (Resonance Network): <https://resonance-network.org/art-storytelling/>
- Ada Cheng <https://renegadeadacheng.com/>

QUESTIONS?





CONTACT INFO

Meghna Bhat, PhD

(E) megbhat@gmail.com

(W) www.meghnabhat.com