



## OUR CONSUMER PLACE

ourconsumerplace.com.au

# Storytelling workshops for consumers February 2012

In November 2011 Our Consumer Place <u>http://www.ourconsumerplace.com.au/index</u> produced a booklet for consumers on using their personal stories in many different ways from working with the new media through to public speaking.

Following the success of this booklet Our Consumer Place is running two workshops on using story. They will be run by Merinda Epstein and Wanda Bennetts, two of the best loved and most experienced consumer story users in Australia. You are invited to take part in this interactive opportunity.



### It is absolutely free.

If you would like to join in contact Merinda at:

merindae@ourconsumerplace.com.au

#### WORKSHOP 1: FRIDAY 10<sup>th</sup> FEBRUARY

1.00pm - 5.00pm Venue: Jasper Hotel, 489 Elizabeth Street, Vic 3000 Starting time: 1.00pm – 5.00pm Afternoon Tea and biscuits provided

This workshop is for anyone who would like to learn more about telling their story. It will include the following elements:

- How to use story in a dynamic and educative way;
- lots of practice at telling fragments of our stories amongst the group;
- practicing and discussing ways to protect ourselves from over exposure and balancing the seduction of being heard with the need for self protection;
- practicing public speaking in a safe environment;
- beginning to move away from the chronological story of self;
- practising starting to use parts of our experience as a subtext for a commentary on the mental health system, and...

### WORKSHOP 2: Friday 17<sup>th</sup> FEBRUARY

1.00pm - 5.00pm Venue: Jasper Hotel, 489 Elizabeth Street, Vic 3000 Starting time: 1.00pm – 5.00pm Afternoon Tea and biscuits provided

This workshop is designed for people who have some experience of using story. It will be interactive and will include the following elements:

- Practicing using the skills of storytelling to achieve specific goals;
- developing sophisticated techniques to include audience participation;
- moving on from the classic mental illness recovery stories, 'from adversity to role model' chronologies;
- using story interwoven with other teaching techniques;
- using communal storytelling, and...