

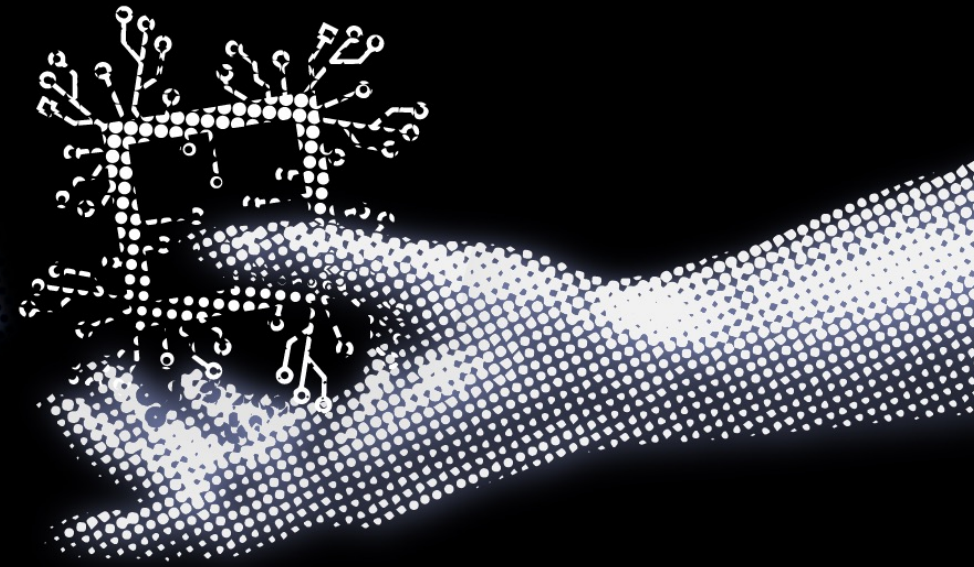
April 30th, 2024



evolvED

CATALYSTS CREATIVITY CONNECTION

GBC'S Annual
Teaching & Learning Conference



Storytelling Across Borders: The Power of Storytelling

Naiima Farah, GBC Faculty Counsellor

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Land Acknowledgment

George Brown College is located on the traditional territory of the Mississaugas of the Credit First Nation and other Indigenous peoples who have lived here over time.

We are grateful to share this land as treaty people who learn, work and live in the community with each other.

[Learn more about our land acknowledgement](#)

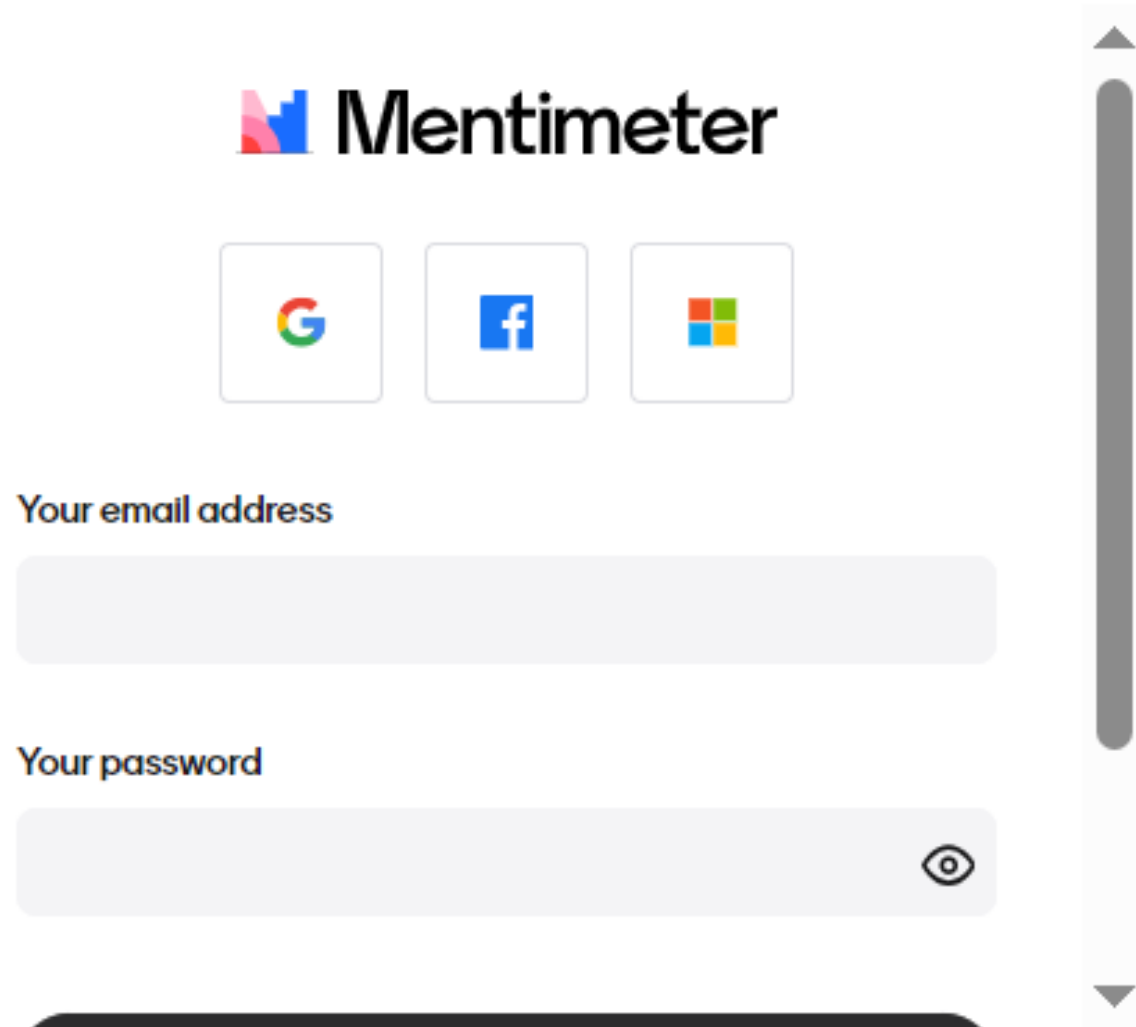
Agenda

- The Importance of Storytelling: Hilal's Story.
- What's in a Story? Connections between Storytelling & Counselling.
- Storytelling Activity.
- Origin of our Project: Yisra's Story.
- The Science and Healing Power of Storytelling: Aida's Story.
- Power, Storytelling & the Gaze of the Other.
- Storytelling as a Tool for Liberation, Disruption & Identity: Anahita's Story.
- Sham's Story.




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Why is Storytelling Important?




Mentimeter

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Importance of Storytelling

- Creates emotional connections.
- Builds community, relationships, trust and empathy.
- Helps maintain culture and traditions.
- Engenders change.
- Empowers those involved: a political and social justice act
- Encourages understanding of others and ourselves.
- Fosters communication skills and empathic listening: a powerful tool to express feelings, thoughts, opinions and personal visions.
- Cultivates resilience, emotional intelligence, healing and well-being.



Hilal's Story

What's in a Story?

Connections between Counselling & Storytelling

- Stories are like fingerprints
- The stories we tell make meaning for our lives
- Stories connect us
- Stories help us to better understand ourselves and others
- Stories can be transformative

"Our lives and their pathways are not fixed in stone; instead they are shaped by story. "

–David Denborough



Experience What's in a Story

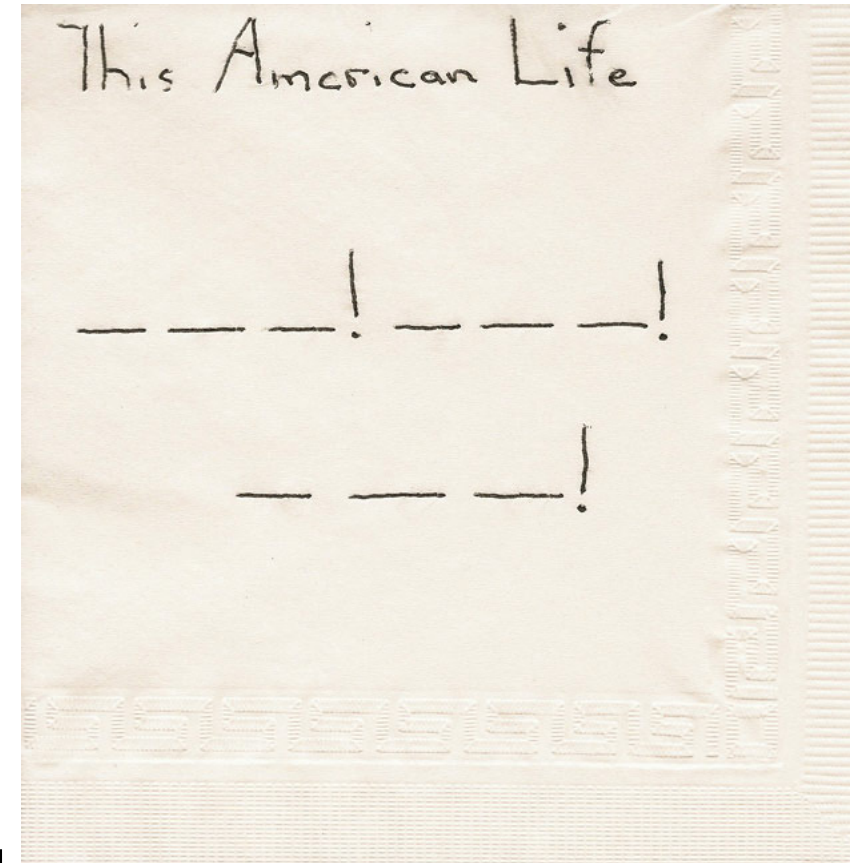
Choose a story prompt out of your envelope

INSTRUCTIONS FOR THE STORYTELLER

- 2-3 mins each to share
- Be thoughtful of the story you choose

INSTRUCTIONS FOR THE LISTENER

- Listen without interrupting
- Notice any themes that immerge that may indicate latent or apparent values
- Notice any emotions that are evoked within you as the listener





“There is no greater agony than bearing an untold story inside of you.”



Origin of our Project

Storytelling Club:
Yisra

Unexpected Friendship (Michel 15 years old)

"One summer day in 2015, my friends and I went to the football field at the Evangelical Church in Rayak. There I met people who were strangers to the area, namely Fayez, a boy my age, and his brother Fadi. I asked who they were, and I learned they were Syrian refugees.

At first, I rejected them. I considered Syrian refugees a danger to society, and I did not like their presence among us, so I decided to beat Fayez. I waited until he separated from his older brother, then I went and began to provoke him. He appeared upset and afraid, as he was alone, but he gathered his strength and attacked me. We hit each other, hard, until one of the officials stopped us, demanded that we apologize to each other, and told us about the importance of love.

Indeed, after this episode, we were reconciled, and my view of him changed. I discovered that he is similar to me, except for nationality. I now have a Syrian best friend who I do everything with, and our relationship has only grown stronger with time."

The Science of Storytelling

- The way in which a story is crafted, shared and understood can bring health benefits and healing to both the storyteller and the listener.
- Storytelling and listening to stories benefits mental as well as physical health, and overall resilience.

-The Healing Power of Storytelling
Annie Brewster, MD



Aida's
Story

ARWORM

Power, Storytelling, and the Gaze of the Other

- Stories are never neutral, but always a politicized act (e.g., narratives in creation of identity, nation-building)
- Construction of race, racism, and whiteness
- Who is "the Other?"
- How is the "Other" created?
- How do colonized/marginalized people ("the other") turn back their gaze?

“Stories have been used to dispossess and malign, but stories can also be used to empower and to humanize.”

-Chimamanda Ngozi Adiche

Terra Nullius

- Doctrine of discovery
- **Latin term:** Meaning, “nobody’s land,” “land of no one,” or “no man’s land.”
- The absence of civilized people capable of land ownership (the West/Europeans set as those deemed civilized).





Common Narratives of Africa

Storytelling as a Tool for Liberation and Healing



Anahita's Story




Sham's Story



“Let’s build a world where these brave souls are celebrated, not punished, for their ability and willingness to speak truth to power.”

- Shams Erfan



A photograph of two children, a boy and a girl, standing in a field of tall grass. They are both wearing white short-sleeved shirts and dark shorts or skirts. The boy is on the left, holding a book, and the girl is on the right, also holding a book. They appear to be reading together. The background is a soft-focus field of green grass under bright, natural light.

How could you incorporate storytelling into your context as a catalyst for transformation and human connection?

Resources & Activities



- What makes a story a good story?
- Structure of a story: start strong, end strong, the arc
- Storyboarding
- Art-related story mapping
- Tell the story of your Name
- Tell your life story in 5 minutes
- Language stories
- Photo stories
- Identity Wheels
- Guest speakers
- Lego stories
- Collage: Power of Eyes/Visuals
- Storytelling with photography and video
- Cultural Object: Show and Tell

Thank you for listening and participating! Questions? Comments?

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