



Stories for Life

Transformative Storytelling for Wellbeing

1-hour Workshop

'Every story is us' Rumi

As a live Storyteller Cara guides participants through a series of mindful coaching approaches to unfold the wisdom potential of the story, facilitating transformative behaviour through renewed awareness of the choices available in our own unfolding stories.

Cara works with a range of stories from different cultures lending themselves to a variety of wellbeing themes including resilience, self-talk and our narratives, gratitude, moving beyond comfort zones, approaching change with curiosity, celebrating differences, the power of purpose, and the courage of vulnerability.

Wellbeing session overview

Participants will be guided through several experiential techniques, which may include:

- Forming a personal inquiry on an issue that would benefit from greater awareness, clarity and courage.
- Deep listening and a mindfulness exercise to connect with feelings and thoughts.
- Guided visualisation drawing on imagery within the story, to discover resources and gifts that support awareness and choice-making.
- Individual reflection time to connect more deeply with intuition and values.
- Reflection on coaching questions drawn from the archetypes in the story (e.g., the 'old king' represents the energy that provokes positive change, often in unwelcome ways. Participants may reflect on times when people or situations have pushed them out of their limiting beliefs or comfort zones).
- If there is good psychological safety among participants, e.g., a team or leadership development cohort, we may include paired coaching conversations to provide support and challenge on a development or leadership issue.

"I just want to say how amazing this afternoon's session was, it made me feel very calm and balanced going into the evening."

Stacey Lane, Retention Manager, NHS London Region

Participant feedback

Stories for Wellbeing

Fairy tales can be enjoyed simply for the entertaining and curious tales they are, yet the naiveté with which they present universal human themes make them a powerful tool for personal development.

The rich symbolism, metaphor and archetypal images within fairy tales may help to make meaning of the struggles and choices we face in our own lives.

As we work with the story, the story works on us, disarming our defences, unlocking our creative and intuitive capacities, and releasing awareness, clarity and courage to act.

The **Stories for Life Wellbeing Workshop** is part of the **Stories for Life, Leaders and Teams™** suite of transformational storytelling experiences.

Introducing Your Storyteller-Coach:

Cara McCarthy

After a lengthy career in the City of London, Cara followed her love of stories to the School of Storytelling at Emerson College where she trained as a storyteller.

Unfolding the archetypal and symbolic potential of fairy tales, Cara holds transformative storytelling spaces that empower people, leaders and teams to unlock their creative and intuitive capacities, unleashing awareness, inspiration and action.

Cara is a leadership coach, systemic team coach and an Organisation Development specialist. Prior to setting up [DesertSpring Consulting](#), Cara was Head of Organisation Development, Culture and Talent at M&G Investments, a top UK and European investment firm.



"This has been exactly what I needed, and I had no idea that I did! Thank you so much."

NHS participant, International Women's Day Conference 2021

To discuss your wellbeing session please [get in touch!](#)

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