



# Once Upon a Team™

## Transformative Storytelling for Team Development

### Half-day Workshop

Facilitated by Storyteller and Team Coach Cara McCarthy, this half-day workshop offers a unique and transformative experience to accelerate team development.

Cara delivers a live virtual storytelling performance, bypassing cognitive thinking patterns to facilitate transformative behaviour through renewed awareness.

Translating the archetypal and symbolic potential of the story to the needs of the team, Cara guides your team through a series of fun 'unfolding' techniques to unlock your team's collective awareness, creativity and commitment to action.

**This will be an experiential and interactive session that will help your team to:**

1. Get to know each other better and build trust – the foundation of team performance.
2. Discover diverse perspectives, strengths and resources available within the team to achieve team goals and build morale and confidence.
3. Design your 'team alliance' for how you want to work together and commit to building the team culture that will help you succeed in achieving your priorities.

**Your team will engage in several experiential techniques including:**

- Deep listening and a mindfulness exercise.
- A variety of methods to ensure everyone can be heard.
- Pairs/trios respond to team coaching questions provoked by the story – building psychological safety and connections between team members.
- Facilitated team conversations to explore diverse perspectives on how to succeed and work together as a cohesive and purposeful collective.
- Methods are enjoyable, creative and support meaningful dialogue about issues that detract from or enhance collective performance.

**"Really beneficial, such a creative session, and your story telling is amazing!"**  
HR Operations Manager, Global Financial Services Firm

## Stories for Teams

Though deceptively simple, fairy tales are rich with symbolism, metaphor and archetypal images that may help teams to make meaning of the challenges they face, define their goals and discover resources to achieve them as a cohesive unit.

They have much to teach teams about navigating change and ambiguity and remaining resilient through uncertain times. They offer insights about pooling skills and resources to succeed against the odds and point to the value of curiosity, empathy, humility and courage.

The **Once Upon a Team™** Team Development 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.



“Once upon a time there was a wise coach. She remembered what many of us have forgotten - namely the power and learning in listening to stories. I recommend Cara wholeheartedly for anyone wanting a refreshing way to engage with a team and to explore archetypes. Thank you, Cara, there was some magic in that session.”

Karen Smart, Head of Consultancy with the AoEC

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

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