

Hellooo



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1

1. Introduction to Storytelling
2. What is storytelling, and why does it move us so deeply?
3. Why Stories Matter in Work with teenagers
4. Structure of a good story
5. Q&A

Creating a safe environment



2 fundamental agreements:

- 1 The agreement that everything said within the walls of the training will stay there.
- 2 The agreement that personal stories belong to the person sharing them.

STORYTELLING



Let's get to know each other

The Name Game

How did you
get your name?

Do you like
your name?

What is the
deeper meaning
of your name?

Pair with partner – listen carefully
Each has 2 minutes to present them self

3 layers



HOW DID YOU GET YOUR NAME?

PERSONAL
CONTEXT LAYER

DO YOU LIKE YOUR NAME?

EMOTIONAL

WHAT'S THE DEEPER MEANING?

UNIVERSAL

**When you hear
Storytelling,
what do you
think of?**

Code: 5844 8737



Storytelling



Telling stories is human nature.

1

Good stories were passed down from generation to generation even when there was no written way to record them.

2

Throughout history, stories have been a way for us to explain the phenomena around us. They are just as important and meaningful today.

3

Story dice



STORY DICE



Storytelling Happens Between Two Minds



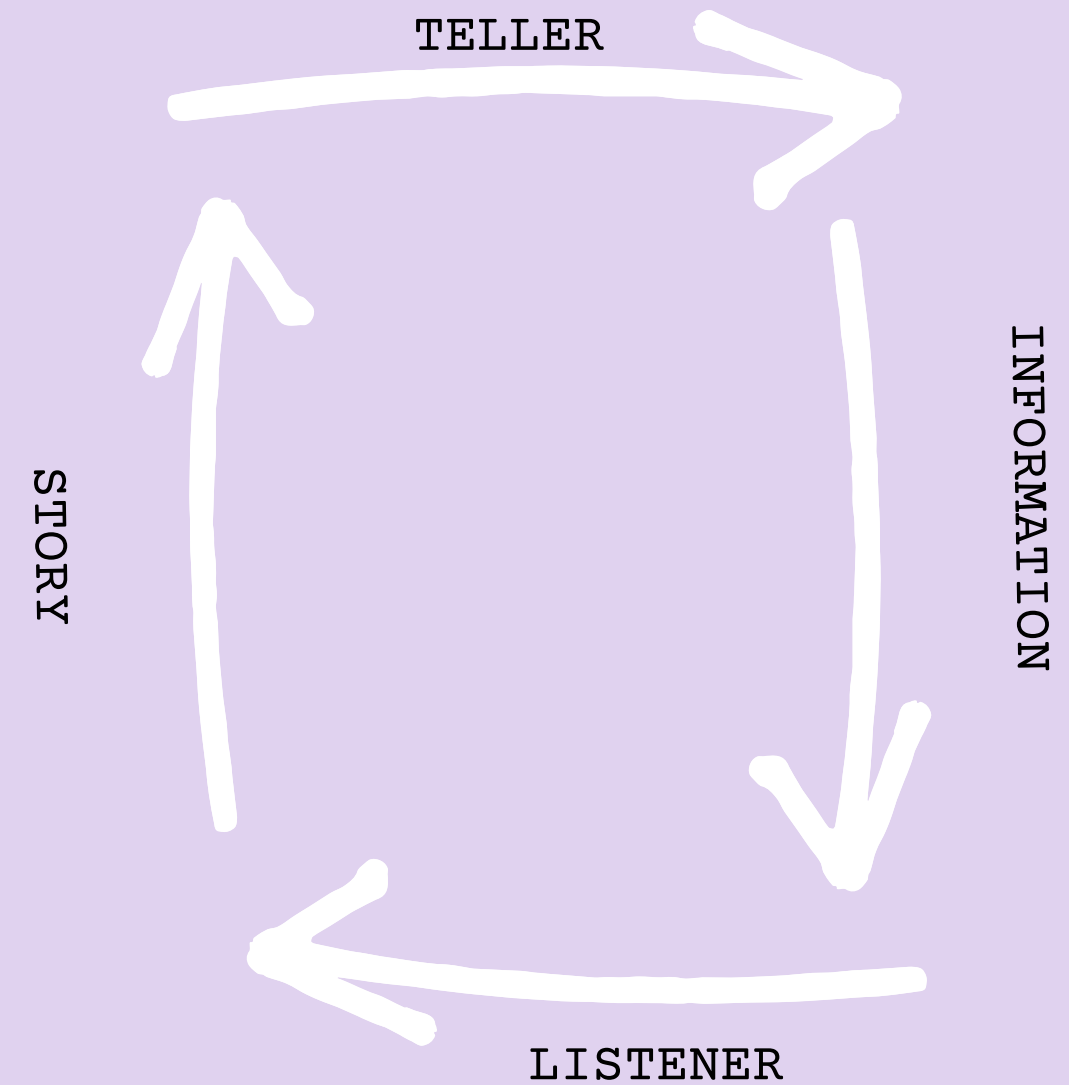
Letter A



- I give you an image – you turn it into meaning.
- The story is created in your head, not mine.
- Sharing a story is not broadcasting, it's co-creating.

Storytelling or story sharing?

- What the teller says is never exactly what the listener hears.
- Each person hears through their own filter – experiences, fears, hopes.
- That's why storytelling in groups requires building common ground.



Storysharing – meaning making process



To be seen is to exist.

- When someone truly listens to our story, they say:
- You matter. Your experience has a place here.
- Stories don't need to be perfect – they need to be real.
- Being witnessed can be the first step toward healing, empathy, and change.

“The enemy is someone whose story you haven't heard yet.” – Gene Knudsen Hoffman

Why Use Storytelling With Teenagers?



Adolescence
is full of
emotional
change

- but teens often don't know how to talk about it.
- Storytelling gives them tools to express, connect, and understand themselves and others

Stories
Organize
Chaos

- Storytelling gives structure to messy feelings.
- It helps students reflect, make sense of their experiences, and take ownership.
- From "I'm the problem" → "I have a story, and it matters."

Why Use Storytelling With Teenagers?



**Stories
Make the
Invisible
Visible**

- Emotions are complex and hard to name.
- Through symbols, metaphors, and characters, students can share what they feel without direct exposure.
- Example: A story about a volcano is easier to share than "I feel angry."

**Stories
Normalize
Emotions**

Stories Normalize Emotions

- Hearing others' stories shows students: "I'm not alone."
- Shame and isolation decrease when they realize others feel the same.
- This creates emotional safety in the classroom.

**Stories Build
Empathy**

- Listening to a peer's story opens up new perspectives.
- Students learn to understand behavior through an emotional lens – not just rules and consequences.
- "Maybe he's not rude – maybe he's scared."

Method

in 6 steps



Teambuilding

Introduction to
Storytelling

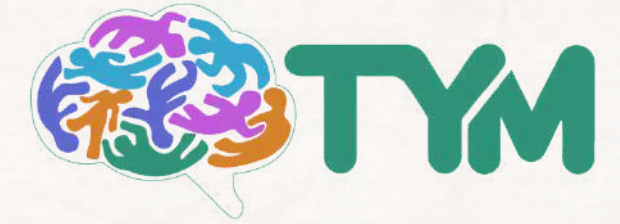
Narative
structure



Creating a story

Coaching

Presenting the story



Teambuilding

- 1 Creating safe environment
- 2 Beginning to create a story
- 3 Teambuilding

- Building connection
- building sense of belonging
- facilitator gets to know the group

How much time you spend on this phase depends on what kind of group you have
ALWAYS: before starting work, we establish rules

3 pillars



- narrative structure
- imaginary storytelling
- contact

Narrative structure



There is no single formula for a good story, but there are elements that make up many good stories.



What makes a narrative structure and a good story



SITUATION A

TRIGGER
reason for
going on a
trip/task

CENTRAL
CRISIS/TRIP

HELPERS and

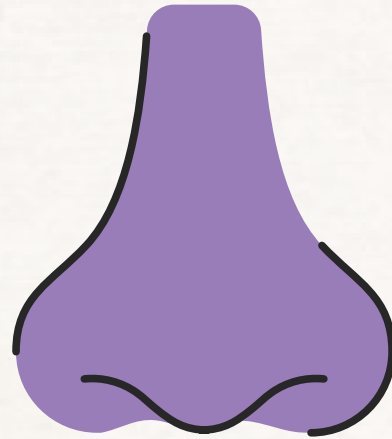
SITUATION B
RETURN



Imaginative storytelling



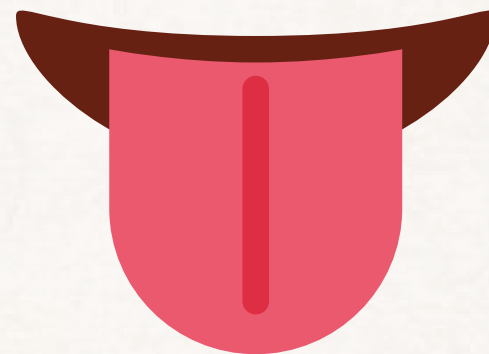
SMELL



HEARING



TASTE



FEEL



INCLUDE ALL 5 SENSES

Excercise



The Holiday story

Create a short story about an event that happened to you during the holidays (Eid, Easter, Christmas, holidays, summer vacation...), taking into account the elements of narrative structure. Give them five to ten minutes to prepare (the exercise is not intended to immediately lead to a perfect story) and invite everyone to share the story (if the group is large, limit it to a certain number of participants).

Identify the elements you heard after each story.

To stimulate the imagination of the participants, we advise you to encourage them to use the five senses:

Sight

Smell

Taste

Hearing

Touch

Use these sensory experiences when telling the story.

For example: I entered the room and the smell of apple pie entered my nose! Or I took a bite of an unknown yellow fruit and it was so sour that my mouth twitched!

Group size: ideally 6 - 8. Larger groups are possible, but in this case, it is likely that not everyone will be able to share their story.



TIME: 20 MINUTES



**On the dog
scale, how
are we
feeling?**





Tell me about your scar

Think of a scar on your body – small or big, visible or hidden. Tell the story of how you got it. What happened? Where were you? Who were you with? What did it mean to you then – and does it mean anything now?

The danger of a single story



Chimamanda Ngozi Adichie



The danger of a single story



When we focus on only one story about ourselves or others, we risk:

- Reducing a person's identity to just one trait or experience
- Reinforcing marginalization and stereotypes
- Losing connection and shared humanity

This happens when:

- Society imposes a dominant narrative (e.g., being "just" a refugee or "just" LGBTQ+)
- People internalize that one identity and stop telling their other stories

📌 In storytelling work, our goal is to invite multiple stories – to create space for complexity, connection, and change.

"The problem with stereotypes is not that they are untrue, but that they are incomplete."

– Chimamanda Ngozi Adichie



Tree of Life



The Tree of Life is a metaphor for how we grow – our roots, our values, the people who support us, and the dreams that guide us. Today we'll explore a small version of it – just enough to help us reflect and connect.

Take a piece of paper and divide it into three parts (no need to draw a tree):

- 🌱 Roots: Where I come from, people, places and culture that defined me.
- 🌳 Trunk: what you value, what are you good
- 🍃 Leaves: What do they want to achieve? What are your dreams? Think about the long term as well as the short term.

Reflection & Writing (10-15 min)

Write a few sentences for each part.

Sharing in Pairs/Breakout Rooms (5-10 min)

Breakout rooms of 2 people to share only what they feel safe sharing.



TIME: 20 MINUTES

Narrative Therapy Tree of Life

(Ncube, 2006)

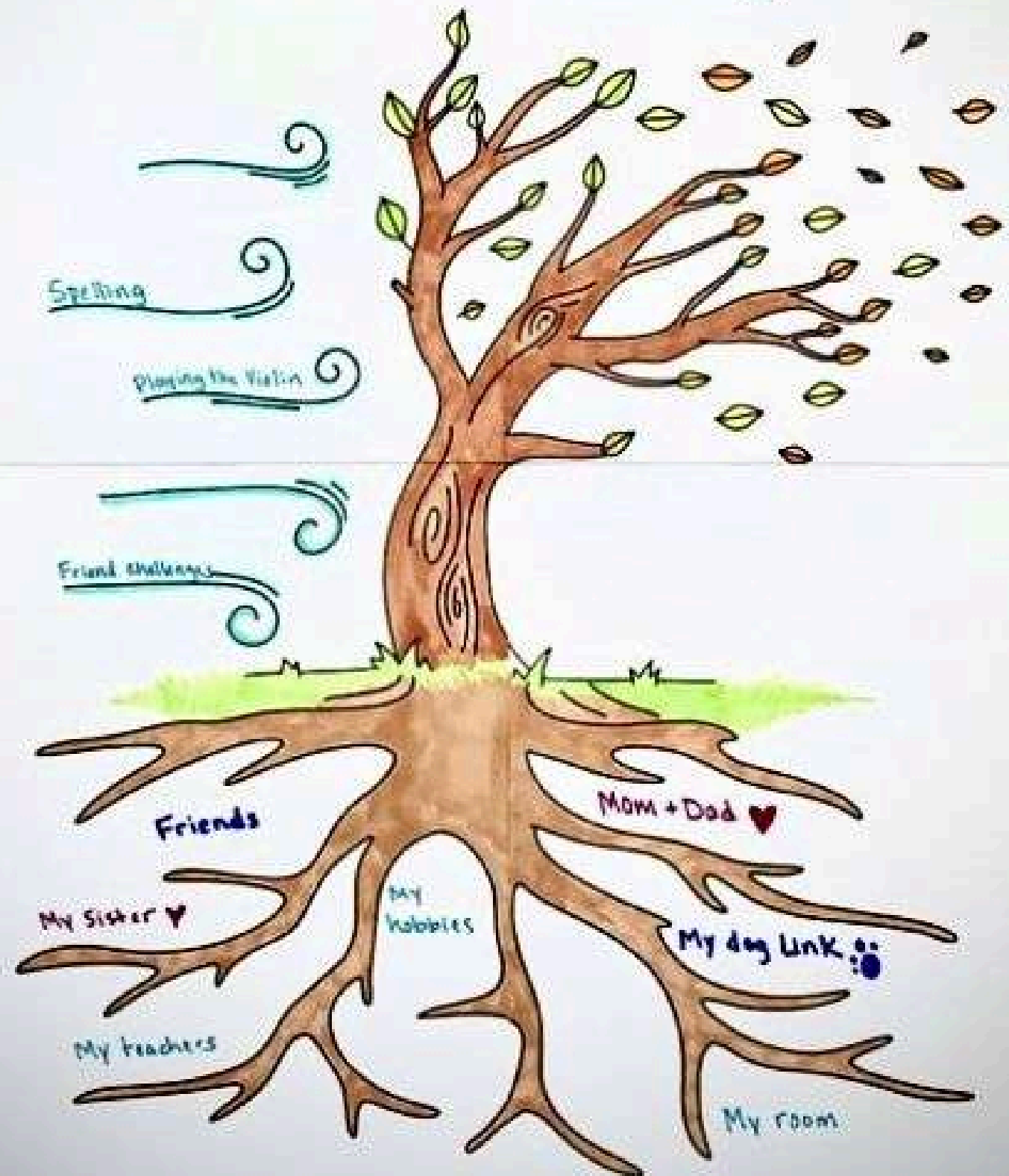


@creativeclinicalpsychologist

I Am Strong Like A Tree

no matter the challenge!

Big Life Journal



Association web



TOPIC: Belonging

Purpose:

- To unlock personal stories
- To reflect on identity and memory
- To explore what belonging means to you

“True belonging doesn't require you to change who you are; it requires you to be who you are.” – Brené Brown



TIME: 40 MINUTES

Association web

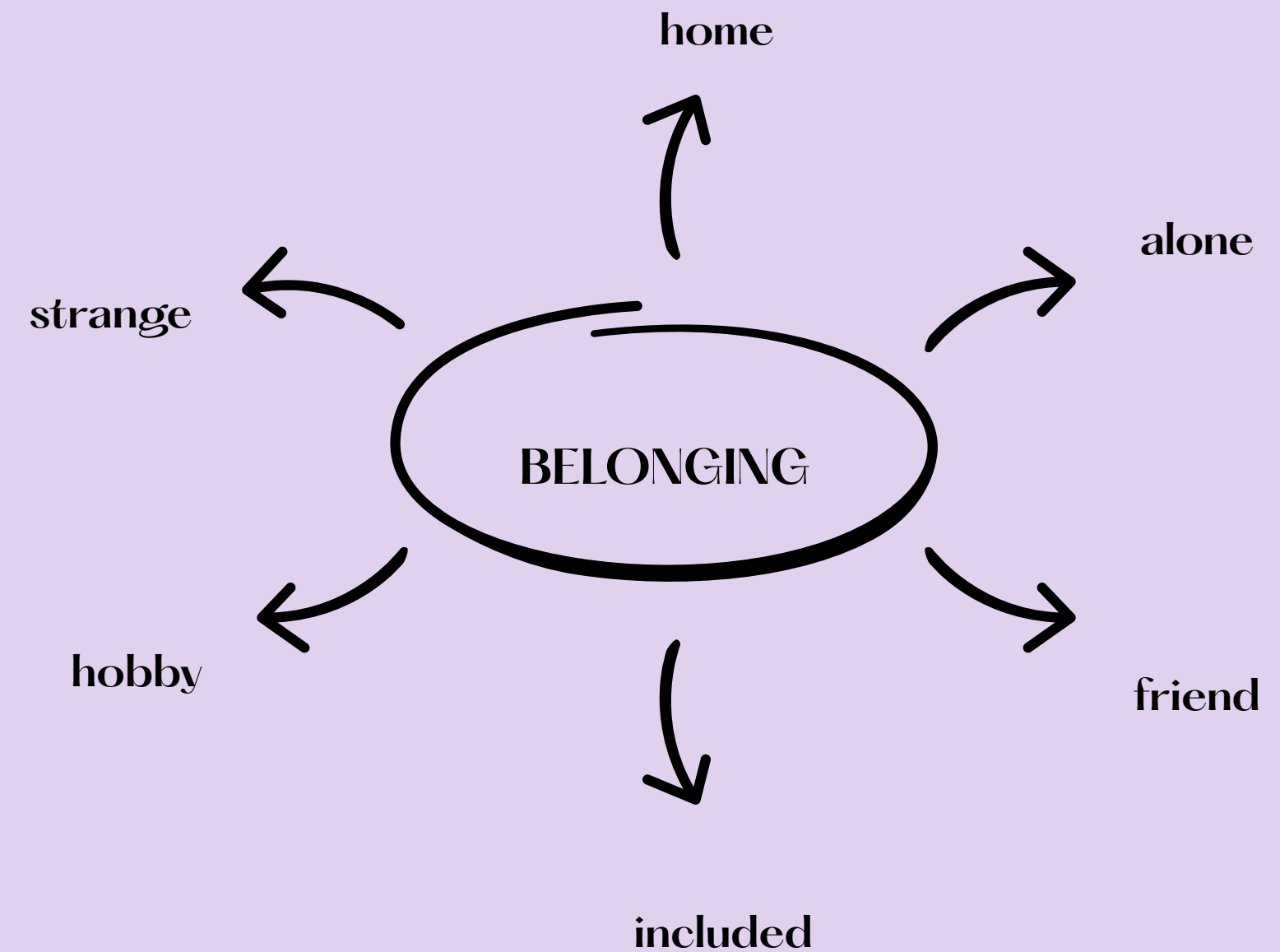


TOPIC: Belonging

Start with a Central Word

Instructions:

- Write one word in the middle of your paper
- Choose something that connects to the idea of belonging

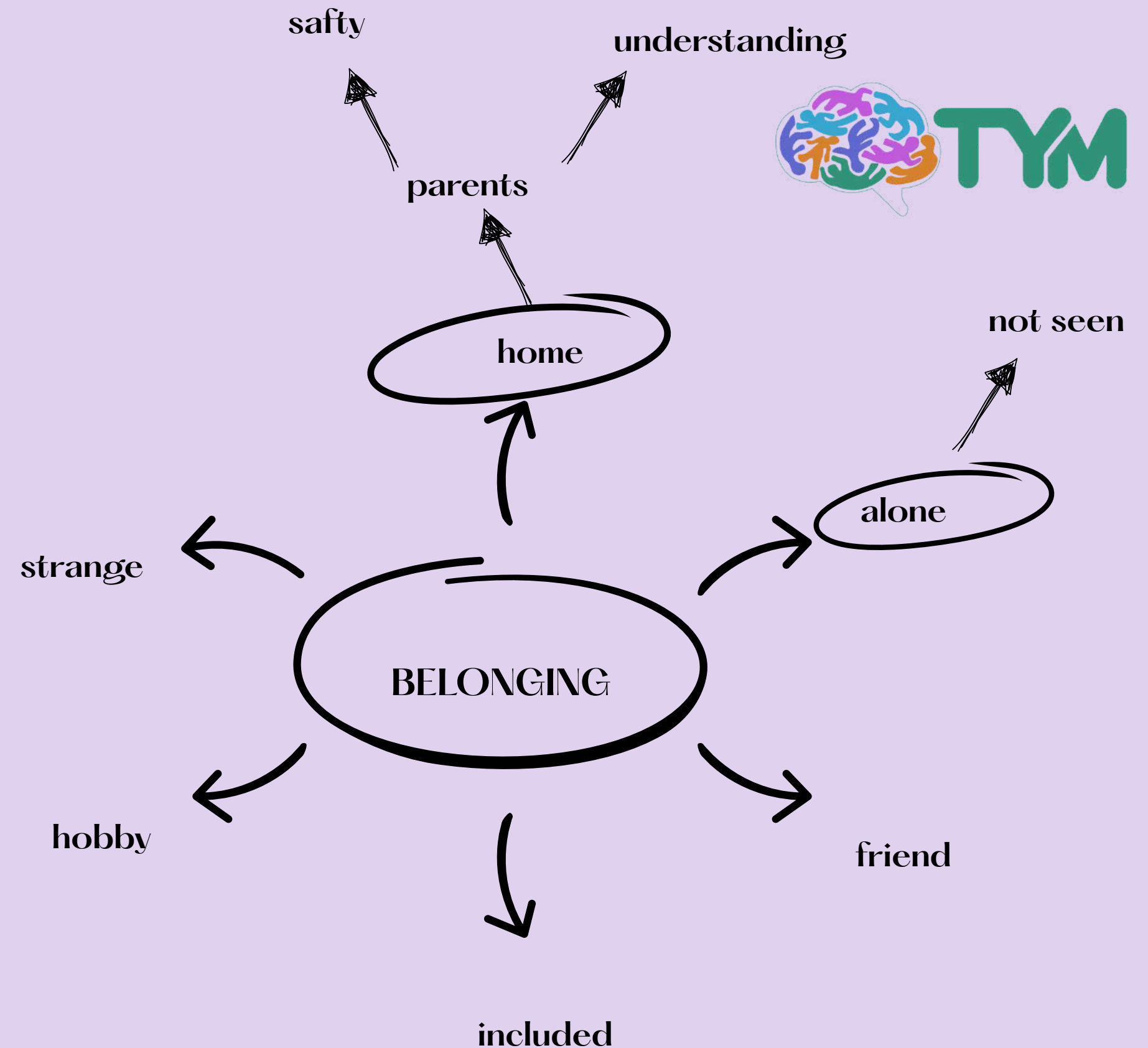


TIME: 20 MINUTES

Association web

TOPIC: Belonging

- Branch out from your central word
- Add:
 - Feelings
 - Places, people, objects
 - Images, smells, sounds
 - Memories or associations



TIME: 20 MINUTES

Association web



TOPIC: Belonging

💬 When working in pairs, help each other by asking:

- “What does that remind you of?”
- “Who was there?”
- “How did it feel?”
- “Where were you?”
- “What else connects to this?”



TIME: 20 MINUTES

Association web



Spot a Story Seed

- Look at your web
- Find a moment or memory that feels meaningful
- Ask each other:
 - “What memory lives in this web?”
 - “Where do these words meet in your life?”



TIME: 10 MINUTES

Association web



Tell the Story

- Share the story that comes from your web
- Keep it simple and honest

Questions to help you tell it:

- What happened?
- What did you feel?
- What did you notice?
- What stayed with you?

🌱 The goal is not to impress, but to connect.



TIME: 20 MINUTES

What I Carry in My (Invisible) Bag



What I Carry in My (Invisible) Bag

Imagine you carry an invisible emotional backpack to school each day. What's inside it? A story, a hope, a fear? A memory that weighs something? A belief that pushes you forward?

Tell one story – big or small – that speaks to what you carry.



What's the most story-worthy thing that happened today?



Thank

you!

Have a
great
day