

# A GUIDELINE FOR STORYCOACHING

## WOULD YOU LIKE TO IMPRESS YOUR AUDIENCE?

Being able to tell a story in a compelling way is a natural skill that most of us have forgotten on our way to becoming a rational and grown up human being. In order to reconnect to our natural sources, we just need to dare to show up and step into a zone which does not initially feel familiar to us.

Telling a story in an engaging way requires us to integrate the mind, body and spirit levels of ourselves.

During story coaching, you will develop skills and discover how to connect simultaneously to:

- (1) your imagination
- (2) your verbal and emotional expression
- (3) your audience
- (4) your performing space

Then you will connect with your own creativity and explore your unique and natural way of telling and share it with your audience.

