The Art of Storytelling

SCHOOL WORKSHOP OVERVIEW

Storytelling Workshop

for Schools & Student Leaders

A warm, structured workshop that helps students turn lived experience into a clearer, more confident personal story.



Purpose

Students explore identity, belonging, voice, and choice through guided storytelling and emotional intelligence practices.

Best for

Assemblies, classrooms, clubs, leadership programs, identity units, and student wellness days.

Format

Available as a single workshop or series. Adaptable by age range, group size, and school goals.

The workshop arc

A grounded creative process: express what is present, understand the story, practice choice, and leave with next steps.

1. **Innovate** — Say it as it is. Free-write what is present.
2. **Investigate** — Notice what feels true and what no longer fits.
3. **Choose** — Practice boundaries, receiving, consent, and choice.
4. **Pin Home** — Name what changes and what action comes next.

Students leave with

- A stronger sense of voice and self-trust.
- A simple process for reflecting before reacting.
- Language for boundaries, belonging, and choice.
- A clear personal commitment to carry forward.

Previous workshop spaces

Mercy High School San Francisco • Hack the Hood • Rotary Club • San José State University • UC Berkeley

Facilitated for schools, universities, youth programs, clubs, and community organizations.

About Samah Damanhoori

Samah is a filmmaker and emotional intelligence coach whose work centers storytelling, resilience, identity, and voice. She brings cross-cultural sensitivity, lived experience, and practical reflection tools into student-centered spaces.

Bring this to your school

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A structured, warm space for students to reflect, share, and leave with a stronger sense of voice.