

StoryTalk Workshop

‘Resilience and Stories of Overcoming’

Strengthening Wellbeing - Practicing Empathic Dialogue - Nurturing Hope



This [Trailer \(2min\)](#) from our Virtual Dialogue Package ‘Resilience and Stories of Overcoming’ demonstrates the depth of connection that can be generated between students within virtual sessions using our unique Virtual Peer Dialogue methodology. The dialogue process supports participants to move from witnessing, to self-inquiry, and then on to sharing their own stories and insights.

INVITATION

Crossing Borders Education (CBE) is a non-profit organization for cross-cultural education that has collaborated with Erasmus Mundus programs and organizations such as [National Geographic Education](#). The CBE team invites your students to participate in three virtual dialogue sessions as part of the StoryTalk workshop ‘Resilience and Stories of Overcoming’.

CURRENT CHALLENGES

Through online platforms our students could easily increase their knowledge about a wide range of topics including wellbeing and resilience. However the completion rate of online courses is mostly well below 10%. Additionally, many of our students are currently feeling isolated and powerless in the face of today’s intersecting crises (the COVID-19 pandemic, climate change, social injustices, political polarization, and more). These anxieties then further limit their capacities to connect meaningfully to new knowledge, much less integrate it into their lives.

THIS OPPORTUNITY

CBE engaged in four years of research and practiced and invented a unique Virtual Dialogue Methodology (patent filed in March 2020) and piloted it throughout 2020 with multiple organizations including the University of Glasgow, the University of Southern California, Purdue University and the Erasmus Student Network.

CBE created the StoryTalk workshops to connect diverse students in warm, intimate, caring small groups that can be scaled in concentric circles to large groups. Belonging is a key driving factor for

overcoming a crisis. We developed tools to build deep human social bonds through which then Civic Imagination can arise naturally and be cultivated. We would love to explore with you ways to support your students to help build deep social connections during these difficult times. Our personal workshops build student bonds that they can opt to sustain through regular dialogue events organised by CBE.

DIALOGUE PROCESSES

We will facilitate the Zoom sessions in intimate groups of four participants in order to experience the depth, vulnerability, and courage necessary to nurture our capacities of empathic listening and human care. The intended outcomes for our participants are:

- An experience of meaningful interactions to overcome social isolation (in small groups of 4)
- An open space for connection, inspiration, and collaboration with each other
- A collaborative space to develop dialogue skills, social intelligence and collaboration
- Active participation in dialogue processes that strengthen personal wellbeing, empathy and hope at this difficult time

Additional outcomes:

- An interactive space to train some of your students in facilitation skills to continue small dialogue groups at your institution beyond this workshop
- Access to regular CBE dialogue events (e.g. CBE is a TED Circles host and facilitates Film Screening Dialogue Events)

PRACTICALITIES - Date & Time & Commitment:

Place: zoom

Dates: flexible

Times: flexible

Preparations: completion of short virtual multimedia tasks (10min each)

Commitment: participants will be required to attend all* three sessions.

(*Note: This is critical to support trust building and group bonding.)

Fee: \$80 per participant (pax 12-24*), \$65 (Pax 25-40); \$50 (Pax 40+)

(*Note: a minimum of 12 participants are needed to run a workshop at this rate)

Included in the Fee:

Meta Design: organizing dialogue in small groups (4 people) and collaboration in hubs (12 people)

Facilitation: a trained facilitator leads each hub group (12 people) through all aspects of the programme

Training: the hub facilitator prepares small group leaders (30min before each session)

Preparations: participants complete short reflection tasks online (10min) before each workshop session

Workshop: facilitating three interactive virtual sessions on Zoom (1.5 - 2hrs each)

Integration: participants complete short reflection tasks (5min) after each workshop session

Multimedia: participants get access to CBE media to share workshop insights with their friends

Dialogue Events: participants get access to regular intercultural CBE Dialogue Events*

(*CBE organises: TED Circle Dialogues and Film Screening Dialogues)

Community: participants are invited to become part of the growing CBE community for regular social connections within small peer groups (pax4) during and beyond the pandemic

Workshop Framework:

Developed around content by: the VIA Institute on Character, TED Ed, and Dr Viktor Frankl

Reviewed by clinical psychologist Dr Anna Kenyon, The Psychology Clinic

Supervised by Khameer Kidia MD MPhil, Community Mental Health consultant, Harvard Medical School

ORGANIZATION:

Crossing Borders Education (CBE) is an international NGO that has produced three documentary films and various multimedia tools to support a Culture of Dialogue across differences with partners such as National Geographic Education, the Civic Imagination Project (CIP at USC) and multiple universities and organisations in the US, EU, Asia and North Africa.