



STORYTELLING

Turn messages into stories that persuade, inspire & transform

History's most compelling leaders understand the power of a good story—to draw us in, engage our emotions, and motivate action. Stories make complex information understandable—and relatable. Whether you're leading an organization or teaching your children, stories have the power to connect us in ways that even the most skillful presentations cannot.



Through interactive discussion, group and individual exercises, participants will learn the principles of storytelling, and be challenged to construct, to tell a story and to learn, explore, and experience their “inner storyteller”.



Aida Johnson-Rapp She has been a professional dancer, soldier, cheerleader for the Chicago Bulls, Director of Student Recreation at a University, and Special Events Coordinator for the Mayor of Chicago—and she has trained and performed improv and storytelling on stage at The Second City in Chicago. She is the CEO and Founder of Aspire to Harmony, a company devoted to creating rituals for cycle of life celebrations, weddings, movement, wellness and workshops that support mindful solutions for living your best life.

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Aida offers other workshops including, '*Improv and Improve!*', '*Journaling for Self-Discovery*', *team building retreats* and several more.

Go to Aspire2Harmony.com for more information.