

# Storytelling



# Bio of the trainer

Adam Markuszewski - trainer and storyteller, founder of the [jakopowiadac.pl](http://jakopowiadac.pl) collective  
Since 2015, a member of the 501 Group, which deals with the art of storytelling.

Participant of many workshops on the art of storytelling.

Initiator of In-depth Forest Walks.

Vice-president of the Polish Association of Forest Bathing and Forest Therapy.

Certified guide of forest therapy (forest therapy) and forest bathing.

Mentor of the Institute of Relational Ecotherapy,

Guide to the Kampinoski National Park.



Fot. M. Wądrzyk

# The purpose of the workshop

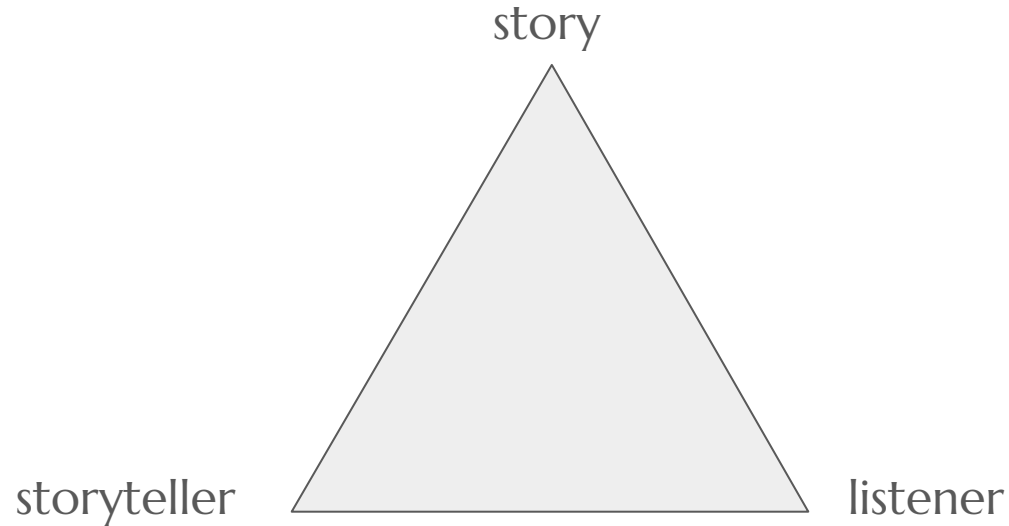
- you will learn the basics of storytelling,
- you will look for stories in your own work and their possible applications,
- you will try to recognize what a good story is.

## During the workshops you will:

- increase your confidence in yourself when telling stories,
- better understand the logic of stories,
- prepare to tell stories during classes or presentations.



# What is storytelling?



## On the art of storytelling / prof. Christel Oehlmann

What helps us when we listen to the story?

active listening

guessing what will happen next

supplementing the content

facial expressions

gestures

comments

questions





POLISH NATIONAL AGENCY  
FOR ACADEMIC EXCHANGE



DOCTORAL  
SCHOOL

The event is carried out with the financial support of NAWA STER programme Project "Actions towards the internationalization of the Doctoral School of the University of Life Sciences in Lublin (I-SDUPL)

What helps us when we tell the story?

good story

preparations (body and mind)

images - set of scenes

audience

vocabulary

flexibility

knowledge why do I tell this story



jakopowiedac.pl



POLISH NATIONAL AGENCY  
FOR ACADEMIC EXCHANGE



DOCTORAL  
SCHOOL

The event is carried out with the financial support of NAWA STER programme Project "Actions towards the internationalization of the Doctoral School of the University of Life Sciences in Lublin (I-SDUPL)

## Storytelling- prof. Agnieszka Ayşen Kaim

The creative transmission of works of human literary imagination,  
both that which has oral sources and written literature.

In the act of storytelling we are dealing with verbal transmission,  
but also non-verbal, gestural, performative.



jakopowiedac.pl

## Storyteller (The word of storytelling, A. Pellowski, The H.W. Wilson Company 1990)

Modern definition - a person **“who tells or writes stories” / “someone who tells fibs or falsehoods”**.

First dictionary definition - 1709 Oxford English Dictionary, but the word was used earlier.

This dictionary has a quote related to the word story from William Dunbar's "Poems" (c. 1500-1520):

**"Sum singis, sum dancis, sum tellis storeis"**

recognition of storytelling as a form of entertainment

The lyre of Ur 5000 years ago has an inlay on which animals behave like humans (e.g. playing instruments)

Westcar Papyrus - first description of action - meeting of Cheops with his sons, which can be considered as storytelling (2000-1300 BC)





# On the art of storytelling / prof. Christel Oehlmann

## Problem:

- loss of self-confidence
- loss of identity in many people living today



## Storytelling (The word of storytelling, A. Pellowski, The H.W. Wilson Company 1990)

There is evidence that storytelling:

1. Grew out of playful, self-entertainment needs of humans.
2. Satisfied the need to explain the surrounding physical world.
3. That it came about because of an intrinsic religious need in humans to honor or propitiate the supernatural force(s) believed to be present in the world.
4. Evolved from the human need to communicate experience to other humans.
5. Fulfilled an aesthetic need for beauty, regularity, and form through expressive language and music and body movement.
6. Stemmed from the desire to record the actions or qualities of one's ancestors or leaders, in the hope that this would give them a kind of immortality.
7. Encoded and preserved the norms of social interaction that a given society lived by.”.



## The goal of storytelling / prof. Christel Oehlmann

- informing what happened
- experiencing relief by telling about an experience that weighs on us (by disconnecting from the person, gaining distance)
- entertainment, warmth, joy, excitement, tension, arousing fear
- potential for transformation
- recalling common symbols of memory
- contact with our life energy, exploring inner richness, experiencing ourselves as a whole -> we change ourselves



# Stories in university education

A story about someone important

A story about a place

A story about a specific event

Case studies

Stories that define the teller (personal anecdotes)

A unifying theme

Imaginary scenarios

Elicit stories - everyone has a story to tell

Narrative assignments



# Storytelling in teaching/presenting

“Student engagement as an outcome is the focus of much pedagogical research at the university level.

Kahn (1990) explained work engagement to be driven by three factors:  
**meaningfulness, safety, and availability of resources.**

**Storytelling aims at creating all three of these factors** within the classroom environment such that is **activates meaning** in course content for students,

**promotes a sense of community** which aligns to a safe environment for sharing and taking risks, and allows students to **want to invest their available resources** of cognitive effort and attention towards the content at hand”.

<https://sites.bu.edu/impact/previous-issues/impact-summer-2022/the-power-of-storytelling/>



# Storytelling in teaching/presenting

“Newkirk (2014) contended that **narrative is a preferred way of learning** because students want **explanations and patterns** .

Students **make sense of the world and those around them through stories** (Christiansen, 2016; Newkirk, 2014).

It is through the **sharing of personal stories** that many learning benefits can be derived. Storytelling requires active listening.

The more actively a student listens, the **deeper the bond created** (Gargiulo, 2005). Students can use stories as a way not only **to connect with information, but also to recall it later** . When a person tells a story, the audience can hear the **personal interest and energy** in the topic (Newkirk, 2012)”.

<https://sites.bu.edu/impact/previous-issues/impact-summer-2022/the-power-of-storytelling>





POLISH NATIONAL AGENCY  
FOR ACADEMIC EXCHANGE



DOCTORAL  
SCHOOL

The event is carried out with the financial support of NAWA STER programme Project "Actions towards the internationalization of the Doctoral School of the University of Life Sciences in Lublin (I-SDUPL)

# Storytelling in teaching/presenting

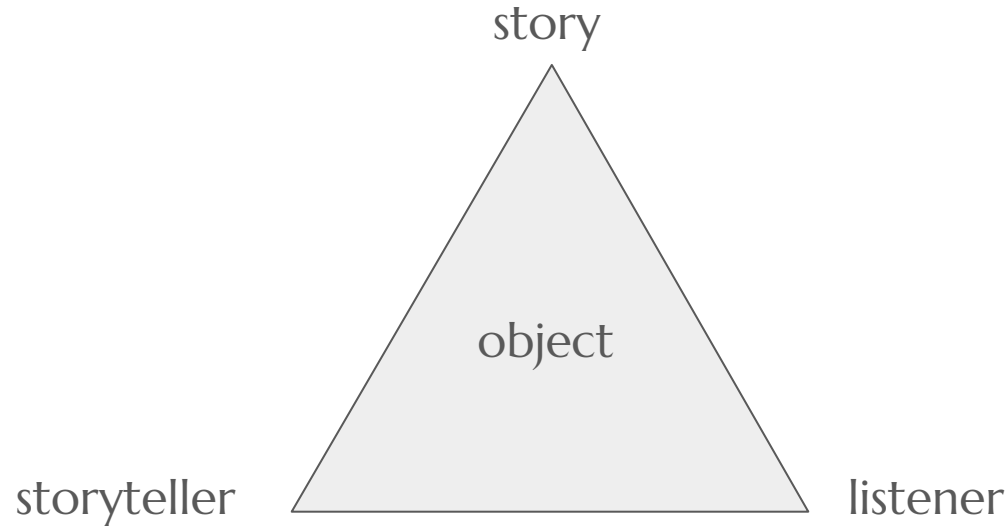
In a school situation, learning oral storytelling helps to "mitigate the gap between real life and the school learning situation" (Erhard Schultz)

From: On the art of storytelling, prof. Christel Oehlmann



jakopowiedac.pl

# Interpreting Our Heritage, Freeman Tilden





# Interpreting Our Heritage, Freeman Tilden

## The 1957 Code of Effective Interpretation

- should be based on what is commonly known, i.e. combine the sender's message with the personality and experience of the recipient
- reveal the deeper meaning of the resource
- a necessary element of artistry in creation
- should stimulate thinking
- a complete, holistic approach - both in relation to the resource, which must be thoroughly known and understood, and to the recipient
- the need for a different, conscious shaping of the interpretation directed at children (it should take into account their subjectivity and special needs resulting from a different way of perceiving reality)



# Interpreting Our Heritage, Freeman Tilden

- using metaphors
- moving towards the end (the storyteller knows where is going)
- sticking to the plot,
- omitting irrelevant digressions - only those crucial to the story
- interesting the listener
- words or phrases are supposed to move the narrative forward
- listeners will try to predict the solution



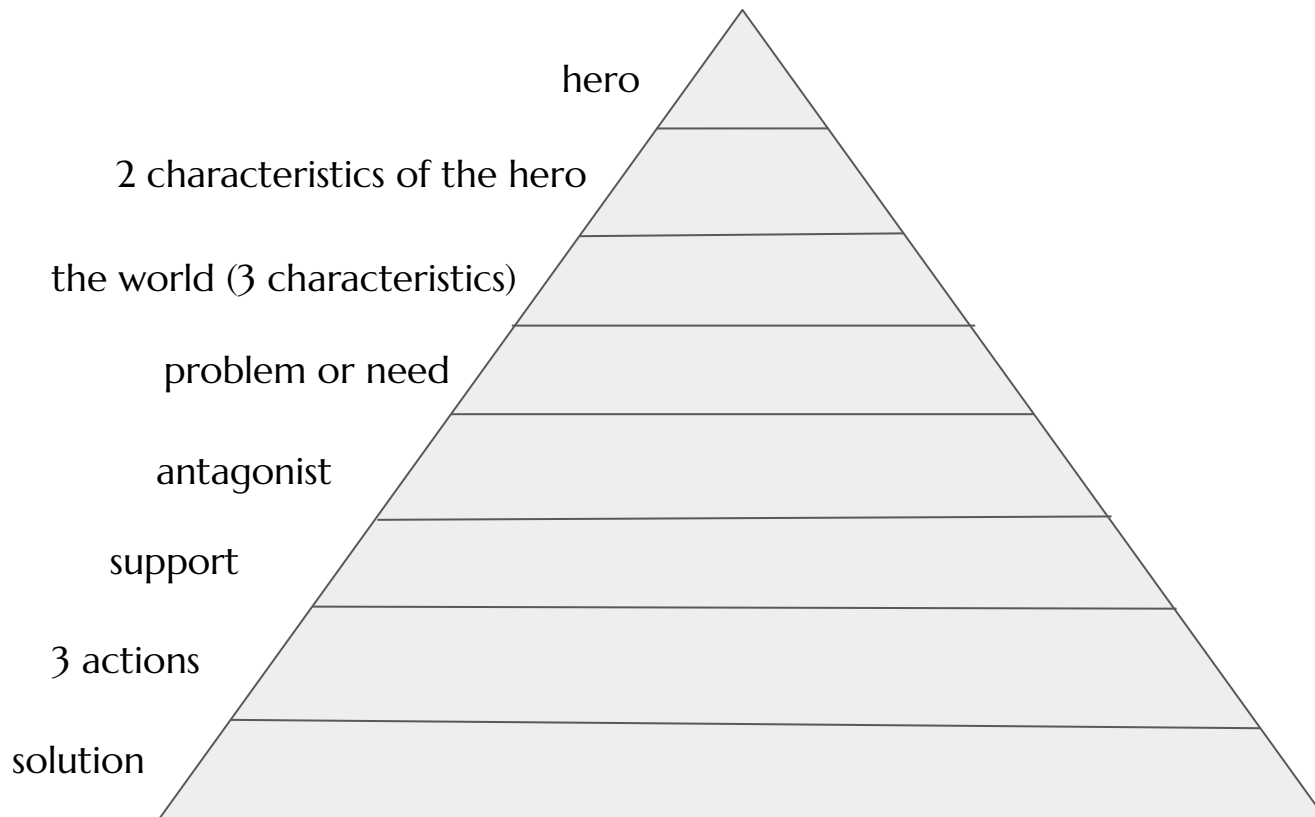
# How to engage the listeners

- Engaging questions - Who (was) once?... Who of you...
- Interesting fact
- Storytelling with passion (engagement of the heart) engages the attention of the listeners
- Structure of the story, e.g. - a strong scene at the beginning
- Telling about your own experience
- Universals - common ground
- Story of solving problem / satisfying need



# Structure of the story

The event is carried out with the financial support of NAWA STER programme Project 'Actions towards the internationalization of the Doctoral School of the University of Life Sciences in Lublin (I-SDUPL)





POLISH NATIONAL AGENCY  
FOR ACADEMIC EXCHANGE



DOCTORAL  
SCHOOL

The event is carried out with the financial support of NAWA STER programme Project "Actions towards the internationalization of the Doctoral School of the University of Life Sciences in Lublin (I-SDUPL)

Thank you!

Adam Markuszewski

[jakopowiadac.pl](mailto:jakopowiadac.pl)

[jakopowiadac@gmail.com](mailto:jakopowiadac@gmail.com)



**[jakopowiadac.pl](mailto:jakopowiadac.pl)**