**Program Title: "Stories That Move Us"**

**An Evening Workshop Series in Theater & Storytelling for Adults**

**Program Overview**

* **Duration**: 8–12 weeks
* **Frequency**: 1 session per week
* **Time**: 6:30 PM – 9:00 PM (Evenings)
* **Target Group**: Adults (18+) from diverse backgrounds (no prior theater experience necessary)
* **Goal**: To empower adults to tell their own stories through theater, build confidence, and connect with others in a creative, safe environment.

**Program Objectives**

Participants will:

* Developing Foundational Theater and storytelling skills
* Explore personal and collective experiences through performance
* Learn improvisation, voice work, and movement techniques
* Build confidence in public speaking and stage presence
* Collaboratively devise and perform original work

**Weekly Workshop Structure**

Each session includes:

1. **Welcome & Check-In (15 min)**
2. **Warm-Up: Voice, Body, and Breath (20 min)**
3. **Theater Technique or Story Exercise (30 min)**
4. **Story Sharing / Scene Building (45 min)**
5. **Reflection & Group Discussion (20 min)**
6. **Wrap-Up & Homework Prompt (10 min)**

**Weekly Breakdown (Sample 8-Week Version)**

**Week 1 – Welcome & Finding Your Voice**

* Icebreakers & group building
* Introduction to theater games
* Story circle: “Where I’m from” poem or story
* Journaling prompt: A moment that changed me

**Week 2 – Voice, Breath & Presence**

* Vocal warm-ups and articulation
* Grounding and stage presence
* Monologue improvisation based on personal memory
* Pair work: Share a childhood story

**Week 3 – Story Structures & Theatrical Tools**

* What makes a story powerful?
* Elements of dramatic storytelling (beginning, middle, end)
* Physical theater: Telling a story without words
* Group task: Devising short scenes from prompts

**Week 4 – Movement & Emotion**

* Movement exploration (walking patterns, gestures)
* Expressing emotion through the body
* Embodying different characters from your life
* Homework: Bring a symbolic object and its story

**Week 5 – Creating from Real Life**

* Telling hard or funny truths with care
* Transforming personal stories into theatrical moments
* Small group story dramatizations
* Begin drafting performance pieces

**Week 6 – Scene Work & Collaboration**

* Rehearsing original monologues or group scenes
* Giving and receiving feedback
* Refining voice, pacing, blocking
* Create transitions between pieces

**Week 7 – Rehearsal & Integration**

* Run-through of all pieces
* Work on flow and order of final sharing
* Vocal projection and presence onstage
* Peer coaching and encouragement

**Week 8 – Final Sharing & Celebration**

* Tech run and warm-up
* **Live performance** for invited audience (friends, family, community)
* Group reflection and celebration
* Certificates or small tokens of achievement

**Facilitator Requirements**

* Experienced theater facilitator with a background in applied drama, storytelling, or community theater
* Comfortable working with diverse groups and personal narratives
* Skilled in creating a safe, respectful, and inclusive learning environment

**Accessibility & Inclusion Features**

* Optional writing or visual storytelling for non-verbal participants
* Clear guidelines for respectful sharing and consent
* Gentle facilitation around emotionally sensitive material
* Space for neurodiverse or multilingual participants to express themselves in varied ways

**Materials Needed**

* Open space with chairs
* Journals or notebooks for participants
* Basic props or fabric pieces for creative play
* Audio playback system (for music or ambient sound)
* Light refreshments (optional)

**Outcomes**

By the end of the program, participants will:

* Have created and performed an original piece (solo or group)
* Feel more confident using voice and body expressively
* Build lasting relationships within a creative community
* Understand how theater can be a vehicle for healing and empowerment