



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module 2 Communication Enhancement

Method 1 Storytelling workshops



Module 2 - Communication Enhancement

Method 1. - Storytelling Workshops

Soft skill focus

This module focuses on enhancing verbal and non-verbal communication skills, active listening, empathy, and public speaking. Learners explore how effective communication fosters collaboration, understanding, and trust in both professional and social contexts.

Learning outcomes

- Use active listening techniques to improve mutual understanding
- Adapt communication style to different audiences and contexts
- Deliver clear, structured, and persuasive oral messages
- Provide and receive constructive feedback
- Engage in meaningful conversations using empathy and assertiveness
- Analyze communication patterns and identify improvement areas

Target group

Age: Adults 20–55 (adaptable for both younger adult learners and older participants returning to education)

Gender: Mixed, inclusive of all genders

Level of studies: Secondary education and above (no prior theatre or improvisation experience required)

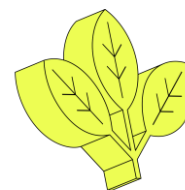
Status: Employed, unemployed, or actively seeking work; also suitable for adults in transition between careers

Fewer opportunities: Especially relevant for participants with limited self-confidence, language barriers (migrants, refugees), or from rural and disadvantaged backgrounds

This method is ideal for adults who want to improve expression, storytelling skills, and interpersonal communication. It helps participants build confidence while practising structured speaking in a supportive environment.

Method description

Storytelling Workshops use structured narrative exercises to help participants express ideas, emotions, and experiences in meaningful ways. Through prompts, guided sharing, and group reflection, learners develop clarity, active listening, empathy, and public



EARTHE

speaking skills. The method encourages personal growth while strengthening group cohesion and communication confidence.

Implementation instructions

Timeline: 60–90 minutes per session; can be repeated weekly for deeper development

Number of participants: 6–20

Necessary materials: Story prompts, paper/notebooks, pens, timer, flipchart/whiteboard

Space: A quiet room with chairs arranged in a circle or small groups to encourage sharing

Implementation in 5 steps

Step 1 – Introduction to Storytelling The facilitator introduces storytelling as a communication tool and explains how stories help convey messages, emotions, and experiences. Participants discuss what makes a story engaging (structure, tone, clarity). The facilitator sets ground rules for respect, confidentiality, and active listening.

Step 2 – Prompt Exploration and Story Drafting Participants receive one or more prompts, such as “A moment I felt proud,” “A challenge I overcame,” or “A lesson I learned.” They spend time drafting a short narrative. Learners may choose personal or fictional stories depending on comfort level. Facilitator circulates to support those who need help getting started.

Step 3 – Story Sharing in Small Groups Participants form groups of 2–4 and take turns sharing their stories. Listeners practise active listening, noticing verbal and non-verbal cues. After each sharing, listeners give supportive, constructive feedback using simple prompts such as “I liked...” and “I was curious about...”

Step 4 – Group Reflection and Communication Analysis The whole group reconvenes. Volunteers reflect on their experience: What was easy? What was difficult? What helped them communicate clearly? The facilitator highlights communication elements observed during sharing—tone, clarity, emotions, body language, structure, and audience adaptation.

Step 5 – Consolidation and Application Learners discuss how storytelling skills can apply to real-life situations (interviews, presentations, community interactions). Each participant identifies one skill they will practise in the coming week. Facilitator summarises the key communication lessons and closes with optional short written reflection.



Practical tips

Tip 1 – Allow fictional storytelling for learners uncomfortable sharing personal experiences.

Tip 2 – Use simple prompts to support low-literacy participants or non-native speakers.

Tip 3 – Encourage peer encouragement — a supportive atmosphere builds confidence quickly.

Debriefing questions

1. What did you learn about your communication style during this activity?
2. How did active listening affect your understanding of others' stories?
3. How can storytelling help you in future professional or personal situations?

Practical description sheet

Title: Storytelling Workshops

Purpose: Strengthen verbal expression, empathy, active listening, and structured communication

Duration: 60–90 minutes

Format: Individual writing → small group sharing → group reflection

Materials: Story prompts, paper/notebooks, pens

Core Steps: Introduce → Draft → Share → Reflect → Apply

Key Benefits: Builds confidence, enhances clarity, promotes empathy