



# Creative Catalyst Workshop Series

## Finding Stories of Courage: Developing Our Resilience through Storytelling

Nilisha Mohapatra

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Join Bangalore, India facilitator Nilisha Mohapatra to build our courage through personal storytelling. We'll use storytelling as a tool to shine light on the courageous parts of ourselves and dig into what we believe about this world and what we want for it. Together we'll celebrate our humanity. This storytelling framework can be used for a variety of purposes with groups of youth or adults, in person or online.

- Take a look at the workshop outline, some inspirational quotes and poetry, and Nilisha's contact information - [SLIDES.pdf](#)
- Get inspired by reading our powerful affirmations from the workshop, [I am. . .AFFIRMATIONS.pdf](#)
- Song list from today's workshop:
  - Águas de Março by Elis Regina and Antônio Carlos Jobim
  - 'Pickin' On Series - Oppression by the Human Experience
  - Chapinero by Thornato
  - Salento by Rene Aubry
  - Trip to Pakistan by Alasdair Fraser