

Hello BUILD Participants!

We're looking forward to our two hour Moth storytelling workshop with you on March 6. We promise the experience will be enjoyable and enriching for all.

For those of you who aren't familiar with The Moth: we are a 21-year old not for profit organization, dedicated to the art and craft of personal storytelling. Moth stories are true and told live (without notes!) to audiences all over the world. Over 30,000 stories have been told on Moth stages to date. We believe personal stories are powerful, and can build connection.

In this two hour workshop, you will hear a story from a veteran Moth storyteller from Sierra Leone, learn the fundamentals of Mothstorytelling, and break into groups to exercise the tools of personal storytelling. Please note: this is an introductory overview of storytelling technique. You will leave the workshop with a strong foundation of the "how and why" of storytelling, but not with a "finished" story.

To help introduce you to The Moth and our workshop, here are links to two stories from The Moth Global Community Program, that we recommend watching:

- [Esther Ngumbi](#)
- [Sisonke Msimang](#)

Additional stories can be found [here](#), and many more at [themoth.org](http://themoth.org).

If you have questions or would like to consider your own personal stories in advance of the workshop, we recommend thinking about a time in your life that transformed you -- for example, a time when you made a big decision, a time when the pressure was on -- or you pushed your boundaries. A time you were in the hot seat!

No need to come with a fully-formed story. We will workshop your ideas with you!

We look forward to meeting!

Many thanks,

THE MOTH