

# STORYING

The art of expressing and listening



[www.osma.si](http://www.osma.si)



»Great stories happen to  
those who tell them.«

Ira Glass



Re-connect to your **inner**  
storytelling **powers**



Become an **emphatic**  
story **listener**



Learn the **skill of**  
**designing** a resonant  
narrative



**Evoke** a better story to  
be told



## This program is for anyone who

- wants to explore the **potential of one of the oldest forms of human expression** in and to the world,
- wishes to inquire into **deeper layers of meaning** and storying practice,
- feels stuck and has the current **need to 're-write'** an important aspect of life,
- wishes to learn how to **tell a better story** about oneself to oneself and the others.

To attend the program, you don't need any pre-knowledge. You will be invited to come to the retreat with the story you wish to explore, clarify, or transform. Your story could be as straightforward as a project at work, a specific relationship or as big as re-calling own purpose or bringing meaning to present life stage. All you need is exploring attitude and openness to experiment and learn with beginner's mindset.



## Re-connect to your inner storytelling powers

Even though we start **making meaning of the world exactly through stories** during childhood, we tend to shy away from stories in adulthood.

Why is it so? Only partially it is so due to the lack of storytelling know-how, and majorly because we believe we have nothing interesting to tell and/or we lack the confidence to voice what there is to tell.



We will **address resistors** and **build upon the powers** to bring your stories into life.



*»There is no greater agony than bearing an untold story inside you.«*

Maya Angelou

## Become an emphatic story listener

Every **story takes its form in the space between** the teller and the listener. Will it inhabit this space and reach the listener depends as much on the quality of telling it as it does on the quality of listening.



We will build on capacities of story-telling and deepening the listening, as much as **the art of creating the space in between.**

# Learn the skill of designing a resonant narrative

Anyone can learn how to craft a story that is contagious, that causes ripples and resonates with others. Stories don't emerge by chance but by design. Good stories create the **field for everyone to connect** through the narrative of universal similarities. Great stories **deepen** our understanding of who we are as human beings.



We will provide conditions for you to **(re)design** your story.

# Evoke a better story to be told

Storytelling is the most **powerful way to put ideas** into the world. Throughout the human history we have witnessed this power for better or for worse. Each story lives a life on its own and needs **time to mature**. Maturing is sometimes a matter of distilling the narrative, sometimes a matter of re-patterning, and sometimes a matter of putting it in the right context for it to shine.



We will provide the **accelerator for maturing** your story.



# Approach

The program is based on methods and practices from the **treasury of mindfulness, art therapy, constellation**, and **indigenous wisdom** of storying.

*»There isn't anyone you  
couldn't start to love once  
you've heard their story.«*

Mary Lou Kownacki

## Organisational details



March 11-13, 2021



OSMA Leadership Academy at Krk, Croatia



Price per participant: **970 EUR**  
(the price includes lodging and meals, excl. VAT)



Your guide: **Mojca Križnar**

[more details](#)

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**Mojca Križnar,**  
OSMA Academy Team

## About me

For as long as I can remember, my choices and decisions have been driven by curiosity and playfulness, as well as a desire for deep experience and discovery of the meaning behind. Thus, to no surprise, I have dedicated my professional path to **envisioning, evoking, and evolving new and better perspectives, be it with and for organisations, teams, or individuals.**

After completing master's degree in International Relations at CEU in Budapest in 1997, I took a job at the international consultancy HILL International, where I have been working in various leadership roles for twenty years. A milestone on my path was marked by collaboration with the British consultancy Nowhere, which gave me an insight into designing transformational journeys. From then until today, I have had the opportunity to follow and support many personal and corporate stories of profound shifts.

In 2019 I joined years of valuable experience, knowledge, precious human connections, wisdom, and stories (co)created and founded Blue in Green Ltd. Under her auspices, I also work as the Leader of Points of You® Slovenia and a member of OSMA Academy Team.