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Emotional Workshop: Story Circle: Building Emotional Awareness



Objective:

To enhance participants' emotional awareness and empathy through storytelling by sharing personal experiences, identifying emotions, and reflecting on how these emotions connect with others' experiences. This will help build deeper interpersonal relationships and improve emotional intelligence.

Key Components:

- Storytelling and listening skills
- Emotional identification and reflection
- Empathy building through shared experiences
- Digital storytelling as a reflective tool

Duration:

45-60 minutes



Workshop:

Story Circle: Building Emotional Awareness

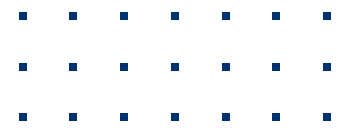
Workshop Overview

Welcome to the Emotional Education Workshop! Over the next 45 minutes, we will go through the concept of emotional awareness, highlighting how understanding our emotions and those of others can improve communication and relationships. We will also discuss how storytelling connects with emotional awareness and empathy.

- **Introduction: Understanding Emotional Awareness (10 minutes).** Introducing the definition of emotional awareness and its importance in fostering empathy and healthy relationships.
- **Personal Story Sharing (10 minutes).** Participants share personal stories to identify and express emotions.
- **Emotional Mapping and Reflection: (10 minutes).** Help participants recognize the emotions in the stories and reflect on them.
- **Empathy Building and Storytelling Feedback (10 minutes).** Encourage participants to reflect on others' stories and practice empathetic communication.
- **Conclusion (5 minutes).** Encourage participants to reflect on others' stories and practice empathetic communication.

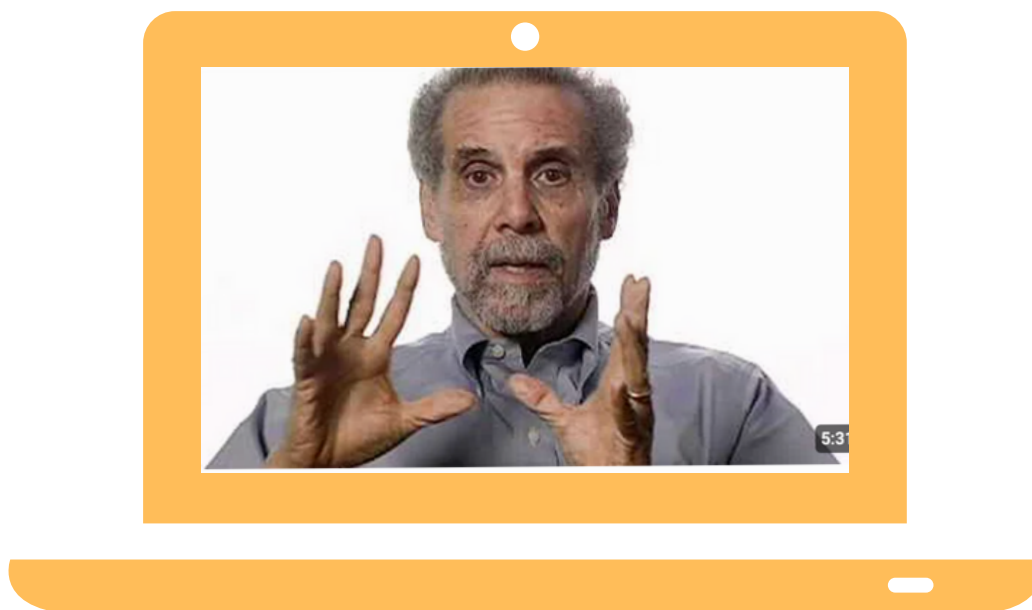
Workshop:

Story Circle: Building Emotional Awareness



Introduction

In this initial phase, we will watch the video below. Discuss: what does Emotional Awareness means to you? Is it what you expected when you heard the term? How do you believe you can become stronger Emotionally? Why is this important to learn as an Educator?

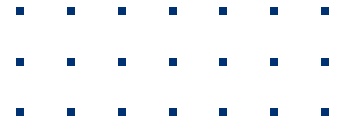


Daniel Goleman Introduces Emotional Intelligence | Big Think

Workshop:

Story Circle: Building Emotional Awareness

Personal Story Sharing Story Circle



This activity is about creating a safe space for participants to share their personal experiences and practice identifying emotions in themselves and others. The group is divided into smaller circles of 3-4 participants to foster intimacy and trust. Each person will have 1 quick minute to share a personal story that highlights an emotional experience (e.g., a time they felt angry, happy, sad, or proud).

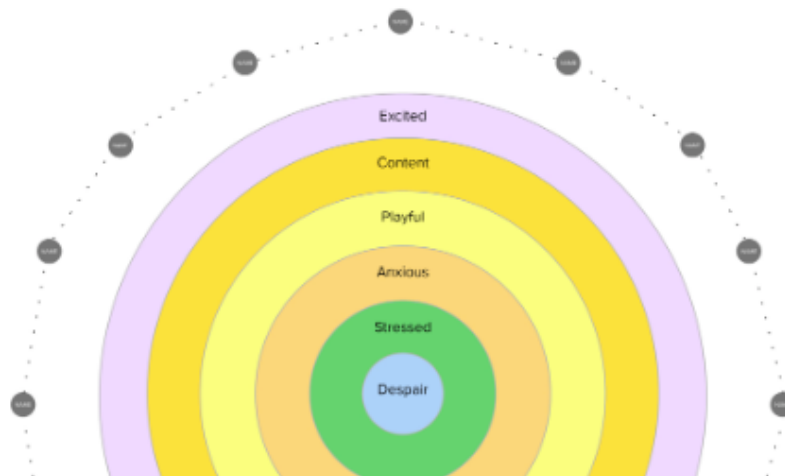
Encourage your fellow peers to focus on a specific incident in their life that brought up strong emotions. While one person speaks, the others will actively listen, paying close attention to the emotions in the story. Listeners should jot down notes or emotions they sense being expressed (either explicitly or implicitly) by the storyteller.



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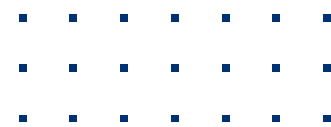
Emotional Mapping and Reflection



After hearing each other's stories, participants will reflect on the emotional content and connections by creating an "emotional map." Each participant will visually represent the emotions in their own and others' stories using colored sticky notes or a digital tool ([Mural](#)).

- For example, they might map out moments of joy, sadness, frustration, or relief, and draw lines connecting shared emotions between the stories in their group.
- You can use the following prompts:
 - How can we bring teams together and oversee the energy of members?
 - How can we emphasize the interconnectedness of every member of the team with each other?
 - How can we communicate without feeling too vulnerable?

Workshop: Story Circle: Building Emotional Awareness



Empathy Building and Storytelling Feedback



In this activity, pair up with someone from your story circle to offer **empathetic feedback** on your partner's story. The listener will respond to the emotions they heard in the story and provide supportive, empathetic feedback. The goal is to connect emotionally with the storyteller and acknowledge their experience without judgment or offering solutions.

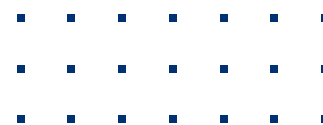
Each participant will take turns revisiting their partner's story and reflecting on it. They might say, for example, "I can understand how difficult that situation must have been for you, and it's amazing how you handled it," or "I felt the frustration in your story and it really resonated with me."

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Conclusion



In this final section, the facilitator leads a group reflection to draw together the insights from the workshop. Participants will be asked to share what they learned about emotional awareness and empathy through the storytelling and listening exercises. The facilitator will prompt the group to think about how they can use these skills in their personal and professional lives.

You can use prompts like:

- What surprised you the most about the stories shared today?
- How will you apply what you've learned about empathy in your interactions with others?

The conclusion helps participants connect the emotional awareness skills developed during the workshop with real-life situations, encouraging them to continue fostering healthy relationships through empathy and understanding.



Workshop:

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Instructions for Teachers

Objective: Enhance participants' emotional awareness and empathy through storytelling by sharing personal experiences, identifying emotions, and reflecting on how these emotions connect with others' experiences.

Duration: 45-60 minutes

Materials Needed:

Paper and pens for participants

Devices (laptops, tablets, smartphones)

Space big enough to break out into rooms

Workshop step by step

Step 1. Introduction (5 minutes)

Show the video on what is Emotional Intelligence (Awareness) and talk about what emotional awareness is to them. Ask participants to briefly reflect and share moments where recognizing emotions could have changed the outcome of a situation. Explore what emotional awareness means—being conscious of our own emotions and the emotions of others—and why it is important in personal and professional relationships.

Another resource video: What is Emotional Intelligence and How Can You Develop it? (Goleman's 5 Component Model)



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Step 2. Personal Story Sharing (10 minutes). Participants share personal stories to identify and express emotions.

Encourage participants to focus on a specific incident in their life that brought up strong emotions. While one person speaks, the others will actively listen, paying close attention to the emotions in the story. Listeners should jot down notes or emotions they sense being expressed (either explicitly or implicitly) by the storyteller.

Step 3. Emotional Mapping and Reflection: (10 minutes). Help participants recognize the emotions in the stories and reflect on them.

Participants should start by identifying the emotions in their own story and then move on to the emotions shared in others' stories. The map can take the form of a mind map, timeline, or simple diagram where emotions are color-coded or categorized.

Step 4. Empathy Building and Storytelling Feedback (10 minutes). Encourage participants to reflect on others' stories and practice empathetic communication.

Each participant will take turns revisiting their partner's story and reflecting on it. They might say, for example, "I can understand how difficult that situation must have been for you, and it's amazing how you handled it," or "I felt the frustration in your story and it really resonated with me."

Step 5. Conclusion (5-10 minutes)

Encourage an open dialogue, allowing participants to share their personal insights and action steps for integrating emotional awareness into their everyday lives. Ask questions like "What surprised you the most about the stories shared today?" or "How will you apply what you've learned about empathy in your interactions with others?"



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Step 6. Follow-up Activities at Home (5 minutes)

Explain to them that this is a continuous job. They can keep working with these tools at home, even with their families, before implementing them with students if they'd like. Encourage them to be in touch with their emotions and be brave to dig deeper.

Tips for teachers:

- **Create a Safe and Supportive Environment:** Ensure that participants feel comfortable sharing personal stories. Make it clear that all stories and emotions are valid, and emphasize confidentiality within the group. Participants need to feel supported and understood.
- **Encourage Active Listening:** Guide participants to focus on listening attentively during storytelling, rather than preparing their own response or solution. Remind them to show respect by not interrupting the storyteller.
- **Facilitate Empathy, Not Sympathy:** Help participants understand the difference between empathy (understanding and sharing feelings) and sympathy (feeling pity or sorrow for someone else). The goal is to build connections by understanding emotions, not to fix problems.
- **Monitor Group Dynamics:** Ensure that each participant has equal time to share their story. Some people might dominate the discussion or be more reserved—balance the interaction so everyone is heard.
- **Provide Clear Instructions:** Before each activity, ensure participants understand what they are expected to do. Give examples if necessary and guide them through each step, especially during more abstract activities like emotional mapping.



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Follow-Up Activity at Home:

Reflection Journals: If participants kept journals or created digital reflections during the follow-up activity, assess their ability to reflect on emotions and apply empathy in their writing or other creative work.

As a specific exercise, ask participants to choose a story from their own life or from a person close to them that reflects a strong emotional experience. They should reflect on this story and then create a short written or digital piece that maps the emotions they identified in the story. They can use text, voice recordings, or digital tools such as a photo collage or visual journal.

Assessment:

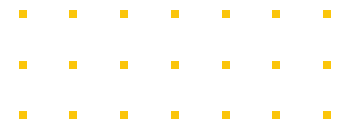
Assess the quality of participants' engagement in storytelling and listening. Did they actively participate? Were they able to identify emotions in their own and others' stories?

- **Empathy Feedback:** Assess how well participants provided empathetic responses in the third activity. Did they practice active listening and respond with understanding? Did their feedback demonstrate emotional insight?

Final Notes:

- **Encourage Ongoing Practice:** Remind participants that emotional awareness and empathy are lifelong skills that need to be practiced regularly. Encourage them to apply these skills in various settings—work, home, and social circles.
- **Positive Reinforcement:** End on a positive note by acknowledging the effort participants put into exploring their emotions and listening to others. Encourage them to celebrate the connections they made and the emotional growth they experienced during the workshop.

TOOLS



Digital StoryCircle



One of the most recently appreciated and widely-used story structures is the Dan Harmon Story Circle.

While the model draws heavily on the hero's journey and other similar models, it also tends to simplify things in a way that makes crafting a story easy.

[LINK](#)

MURAL



Emotions map template.

Set the parameters of emotion with this template and check-in with your team, gauge the mood of the 'room,' and feel the connections in the map. Embrace the variety of workplace emotions to foster conversation around how to support each other better. Let this template be the key to meaningful dialogue.

[LINK](#)



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