Story Telling Workshop
Date: 3rd February 2017
Craig y Nos, Swansea Valley

An overview of the workshop:

A day was spent with story teller, film maker, artist and mountain leader Eleanor Flaherty looking at the skills of story telling and the legends of South Wales.

Key Ideas

- Everyone is a storyteller
- Anyone can create a story
- Give yourself permission to mythologies
- There is an inner child in everyone
- Story telling is a way to:
    - Inspire people in the outdoors
    - Connect with the environment
    - Fill time or add interest to a break

How to Create a Story

All good stories have the same structure:

- **Beginning** – set the scene, characters, give details.
- **Decision** – one that adversely effects the outcome and snowballs
- **Crux** – the high point, a heros trial, everything leads up to this
- **Resolution** – Disney has a happy ending, but the opposite is better

Repetition is very useful and 3 is the magic number, 3 chances, 3 challenges, 3 foes. In the "Lady of the Lake" story there are 3 attempts to woo, 3 sons and 3 strikes.

Top Tips for Story Telling

- **Love it** – find a story you enjoy
- **Live it** – make the story your own, be part of it
- **Practice it** – know your story, never read off paper

Brain Storm of Local Legends

- Llyn y Fan Fach – Lady of the Lake
- Llyn y Fan Fawr – Arthur's Sword
- Craig y Nos – Sleeping Giant
- Amman Valley – Y Twrch Trwyth
- Sgrwd yr Gwladys – forbidden love story
- Maen Llia – walking stone on mid summers eve
- Ystradgynlais – John Gethin and the candle
- Pen y Fan – Tommy Jones
- Llangorse Lake – scooped out by a giant, church bell heard under water

- Snowdonia – Lady of Snowdon, devils Kitchen
- Llyn Idwal – murdered prince
- Carneddau – fighting giants
- Beddgelert – Prince Llewellyn and his dog

Exercises

The two exercises that the group undertook as part of the workshop were:

1. Find an object and make up a story about what it is, was, has seen or been part of.
2. Story cards (available online or make your own) give key features of a story, they just need your imagination to join them together.