

# STORYLAB

*Virtual StoryTelling Workshop*

*05:30 PM – 09:30 PM (IST)*



By Sandeep Kochhar

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Storytelling is the art of setting life to words.

The most powerful person in the world is the story teller. The storyteller sets the vision, values and agenda of an entire generation that is to come.

— Steve Jobs —



# STORYTELLER | SANDEEP KOCHHAR

## WHO IS HE?

- Inspirational StoryTeller | TEDx speaker
- LinkedIn Top Voices 2019: India | World's Best Storyteller Awardee
- Lean-in activist | Social Media Influencer | Personal Brand Expert
- Intelligent Leadership Certified Coach | Indian Institute of Management – Bangalore  
alumnus

## WHAT ARE HIS CONTRIBUTIONS?

- 30 years of experience in StoryTelling & Creative Writing | Wabi Sabi stories
- 670,000 followers | 2500 stories | over 250 million views

## WHAT MAKES HIS DAY FULFILLING?

- StoryMaker | Finds solace in connecting with people & enabling them to connect with self
- Indulging in intellectually stimulating conversations | Community building



‘I have finally discovered my life purpose after meandering around for years: it is to Touch & Transform 5 billion humans by 2030’.

# STORYLAB OUTCOMES

What we as a whole should achieve out of this program?

**A Workshop designed to aid - Aspiring Storytellers | Sales & Marketing Professionals | Entrepreneurs | Public Speakers | Teachers | Young leaders | ANYONE who is keen to learn & practice the Art of StoryTelling, with the following outcomes:**

- **Understanding What & Why of StoryTelling**
- **Curating Engaging & Compelling Stories**
- **StoryTelling for Personal/Organizational Brand building**
- **Communicating transformational Stories through Social Media**

**We will co-create unique & powerful stories about ourselves, our career, our jobs & organizations.  
Join us as we commit ourselves to experiment with our narratives & learn how to tell our stories to the world, powerfully.**



# WORKSHOP PLAN

## Session Wise Break-Up – DAY I

### StoryLab Day 1

| Time           | Agenda                             | Techniques/Approaches  | Exercises/Models/Frameworks   |
|----------------|------------------------------------|--|---|
| 5:30 - 6:00 pm | Introductions & Context setting    | i. Facilitator & Participants Introduction<br>ii. Context setting  | i. Opening story & context brief<br>ii. Participant introduction  |
| 6:00 - 7:30 pm | SL 1<br>Individual StoryLab        | i. What & Why of StoryTelling<br>ii. Power of Stories<br>iii. The Process of StoryTelling  | i. Narration of Your Stories along with your Story Title<br>ii. Debrief through EEE & CDE Models<br>iii. Process Framework + Discussion |
| 7:30 - 9:00 pm | SL 2<br>StoryTelling in Action Lab | i. Movie of My Life – 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> Person Perspective<br>ii. Facing Fears & Sharing Stories | i. Movie of My Life - Perspective taking<br>ii. What is Your Spine Story Exercise?  |
| 9:00 - 9:30 pm | Concluding session                 | i. Taking the First Step on Day I<br>ii. Learnings from the day & Wrap up  | i. DOTS – Do One Thing Surely<br>ii. Pre work for Day II - What's your Story of Transformation – SWOT analysis of Self?                 |

# WORKSHOP PLAN

## Session Wise Break-Up – DAY II

### StoryLab Day 2

| Time           | Agenda                              | Techniques/Approaches  | Exercises/Models/Frameworks   |
|----------------|-------------------------------------|--|---|
| 5:30 - 6:00 pm | Recap & Context setting             | <ul style="list-style-type: none"><li>i. Recap &amp; Reflections of Day I</li><li>ii. Context setting</li></ul>  | <ul style="list-style-type: none"><li>i. How was Yesterday? What did you do differently?</li><li>ii. Opening story &amp; context brief</li></ul>  |
| 6:00 - 7:30 pm | SL 3<br>Personal Brand Presence Lab | <ul style="list-style-type: none"><li>i. How to build my Personal Brand?</li><li>ii. Personal Brand Development as a StoryTeller</li><li>iii. Methodologies of Personal Branding</li></ul> | <ul style="list-style-type: none"><li>i. Pre-work Narration   Identifying Innate Strengths</li><li>ii. My B.R.A.N.D Mantra   3 Common Mistakes</li><li>ii. Social Media Presence   Thought Leadership</li></ul> |
| 7:30 - 9:00 pm | SL 4<br>Inspirational StoryLab      | <ul style="list-style-type: none"><li>i. How do others Perceive My Brand?</li><li>ii. Intent vs. Impact – Perception Gap</li></ul>   | <ul style="list-style-type: none"><li>i. 360 Degree Feedback Exercise</li><li>ii. Identifying the Gap – Building Next Steps</li></ul>   |
| 9:00 - 9:30 pm | Concluding session                  | <ul style="list-style-type: none"><li>i. Personal Development Plan</li><li>ii. Take Aways &amp; Wrap up</li></ul>  | <ul style="list-style-type: none"><li>i. Start. Stop. Continue</li><li>ii. Closing Story by Facilitator</li></ul>   |



Any Questions?

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We are all  
made of stories

[www.blewminds.com](http://www.blewminds.com)