

Family Storytelling Individual Sessions for Families

Storytellers play important roles because their stories convey the history, laws, morals and current information shaping the culture of individual societies. People still love a good story - especially when they relate to the topic and are intimately involved with the particular topic.

Sitting together telling and listening to stories brings people together; it's enjoyable and stress-free - the best part is you don't need to be skilled or creative, just passionate about spending time with your family.

Connect with your children on a deeper level and enjoy the benefits:

- ✓ **Improve Communication** using a creative, fun and open-ended approach covering topics outside of school, daily to-do lists or do's and don'ts of every day life - let pictures, figures and sketches do the talking
- ✓ **Enhance Interaction** in an enjoyable and engaging way (spend quality time together)
- ✓ **Better Understand** your children by listen to their stories and expressing who they are
- ✓ **Cognitive Stimulation** - storytelling can inspire insights, re-ignite creativity, give food for thought, uncover hidden talents and is just plain brain gym fun.

Two hours of storytelling can be the start of an enjoyable regular family pastime that carries into your future together and develop into a creative tradition continued for generations.

Children grow up quickly. Stories are lifetime companions and provide a way to express oneself, achieve clarity and obtain relief. Storytelling is a gentle way to share deeper thoughts and feelings, and help your family obtain a more profound and meaningful connection.

Gudrun Kittel-Thong is an experienced school counselor and coach. As a long-term resident of Hong Kong she knows the pros and cons of living in this exciting and exacting city. She is passionate about the power of storytelling in the lives of parents and children. Gudrun holds a Master's degree in Education and is the author of the book *Expatriate Relocation: How to Manage the Emotional Issues When Relocating*.

Family sessions are available by appointment, in English and in German.

Book a private two-hour session with up to four participants.
HK\$ 1,500 per session, materials and refreshments are included.

Location: Red Doors Studio, 21/F, Lee Fund Building, 31, Wong Chuk Hang Road, Aberdeen, Hong Kong or at an alternative venue.

For bookings please contact Gudrun via gkittel.thong@gmail.com