



# A Conversation with Dr Cathryn Lloyd

## *The Power of Stories and The Story Cookbook: practical recipes for change*

Stories and storytelling have emerged as powerful creative processes for communication and change across personal, organisational and community contexts.

We should not be surprised or think this unusual. We are, after all, storytelling beings and are wired for stories. Stories help us make sense of the world we inhabit, and sharing stories can have a significant impact on health and wellbeing.

In this ALARA session, we will explore the power of stories for making connections and building relationships.

Participants will be introduced to *The Story Cookbook: practical recipes for change*, a unique and practical book that features over 80 story-based activities. Cathryn will take you on a journey through treasures ranging from story canapes and entrees to desserts and after dinner mints. Come and join with others in a story-sharing evening. At the beginning of the conversation, *The Story Cookbook* will be launched with a glass of bubbles

**Dr Cathryn Lloyd** is a facilitator, creativity coach, educator, arts practitioner and Founder/Director of Maverick Minds. Cathryn holds a doctorate in Creative Industries. Maverick Minds programs are a catalyst to help shift your thinking, gain new perspectives and create positive change.

**When:** Thursday, 20 June, 5.30–8.00 pm

**Where:** Music Room, The Village at Yeronga, 15 Cansdale St, Yeronga  
(Building 5 next to Visitors' Car park)

**Parking:** Visitors' Car Park or street on Cansdale Street or Venner Road

**Cost:** This is a free event but participants are asked to BYO drinks and a plate to share

**RSVP** RSVPs are essential for planning purposes.

Please RSVP no later than Sunday, 16 June, to Judith Anderson:  
judith4802@gmail.com