

Living Stories

Fall in Love with the Art of Storytelling

A journey through the lands
of metaphor and wonder.

Course Overview



Would you like to share engaging stories with your family, students or clients? Do you long for a fresh perspective on personal, cultural and societal narratives? We welcome you to Living Stories!



Our lens is the connection between the stories we live and the stories we tell. Where do stories come alive, who do we meet along the way, and how do we respond to what we encounter?

Our offer is a warm low-stakes environment where we practice the art of spontaneous storytelling. Learn to share your stories playfully, co-create, and speak without a script. Make it up as you go along with Angelina Castellini and impro studio.

www.improstudio.org/living-stories



Session Themes

1. The Gift of Names

What do our names mean to us?

We open by offering our gifts to the group.

2. Listening & Guiding

How do we relate to each other?

The way we listen informs our storytelling.

3. Objects & Objectives

Which objects surround us?

We shape objects and they shape us.

4. Heroes & Helpers

What makes a hero possible?

Time to put heroic action into context.

5. Forests of Transformation

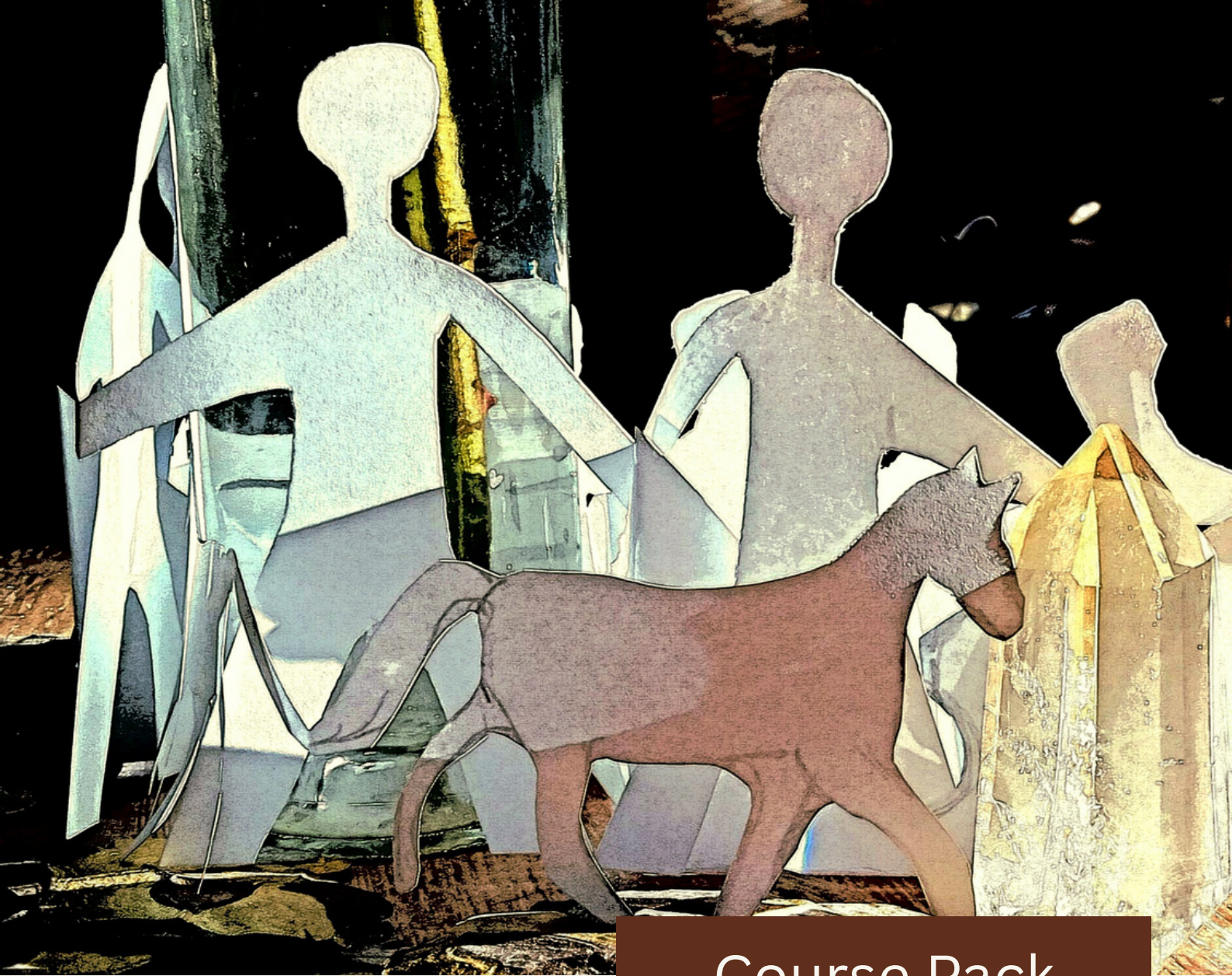
Who do we encounter in the forest?

Storying through relationships.

6. Hopes & Dreams

What do we hope for?

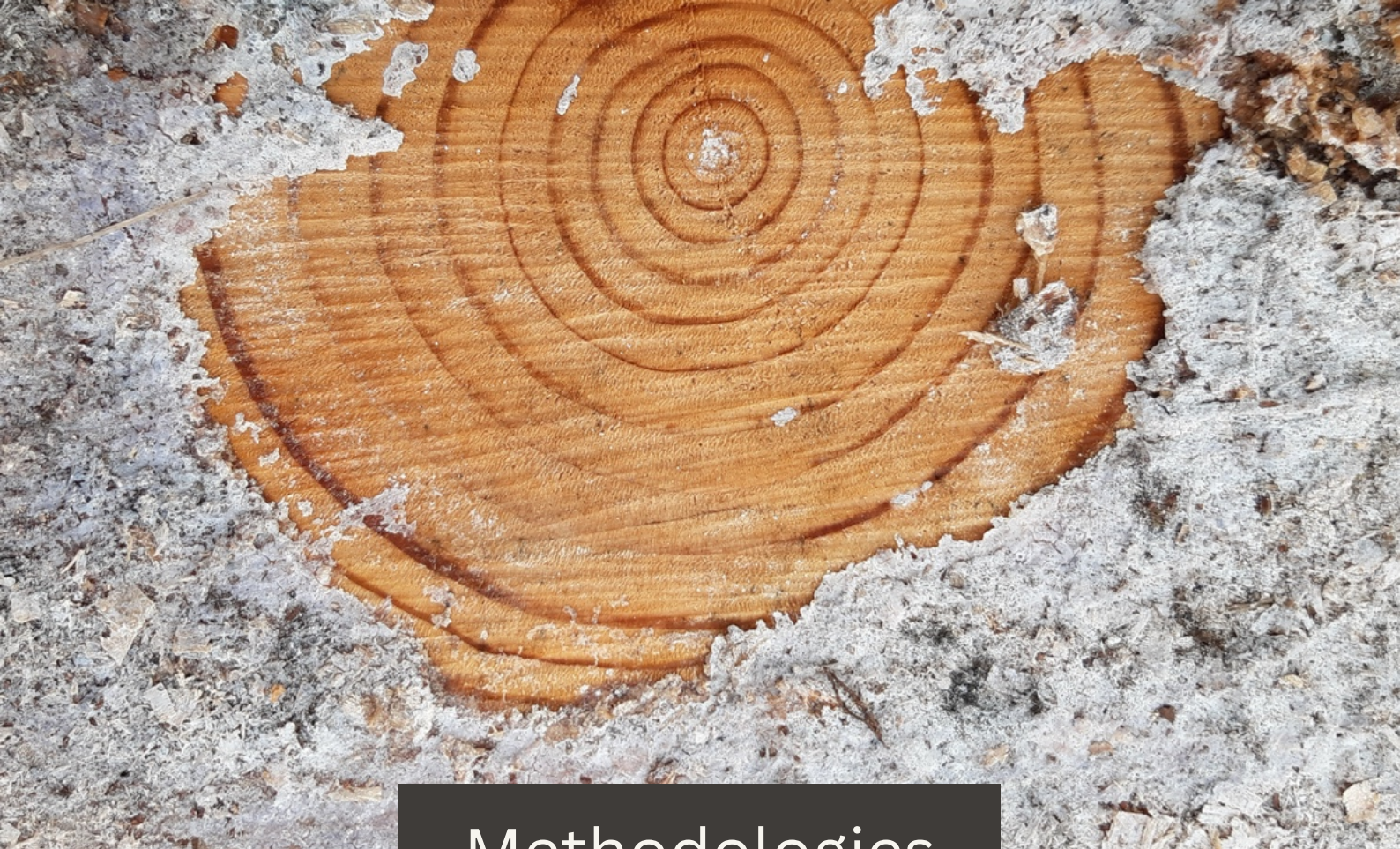
We close by dreaming of new beginnings.



Course Pack

All participants receive:

- 6 x 1.5h classes with Angelina Castellini
- 6 x PDF theme inspiration & recommendations
- Engaging activities to use with clients or at home
- Connection to a vibrant group of participants
- Space in which to discover, explore and share stories
- Option to book additional coaching with Angelina Castellini
- Opportunity to catch up on missed sessions
- Upon completion: invitation to join Living Stories Chapter 2



Methodologies

All activities are carefully crafted combining:

- Storytelling
- Collaborative improv games
- Narrative coaching prompts
- Gentle movement activities
- Short guided meditations
- Shared inquiry, personal reflection
- Inspiration from books, film, music
- and much more....

Each session is participatory in big and small groups. You'll be invited to listen, play and share spontaneously from your heart, life, and imagination.



"The content is well curated and the sessions are skilfully facilitated."

Facilitator Bio

Angelina Castellini

As the founder of impro studio, Angelina now offers improvisation training and coaching for people who work with people. She holds a BSc International Relations from the London School of Economics (LSE), where she began teaching improv.

[Website Profile](#)

[LinkedIn Profile](#)



In London, Angelina co-founded the LSE Language Center's *English Through Improv* classes and served as a professional member of the Applied Improvisation Network (AIN). Her roles included: Administrator, Conference Organiser, Volunteer Manager, and Watch Party leader.

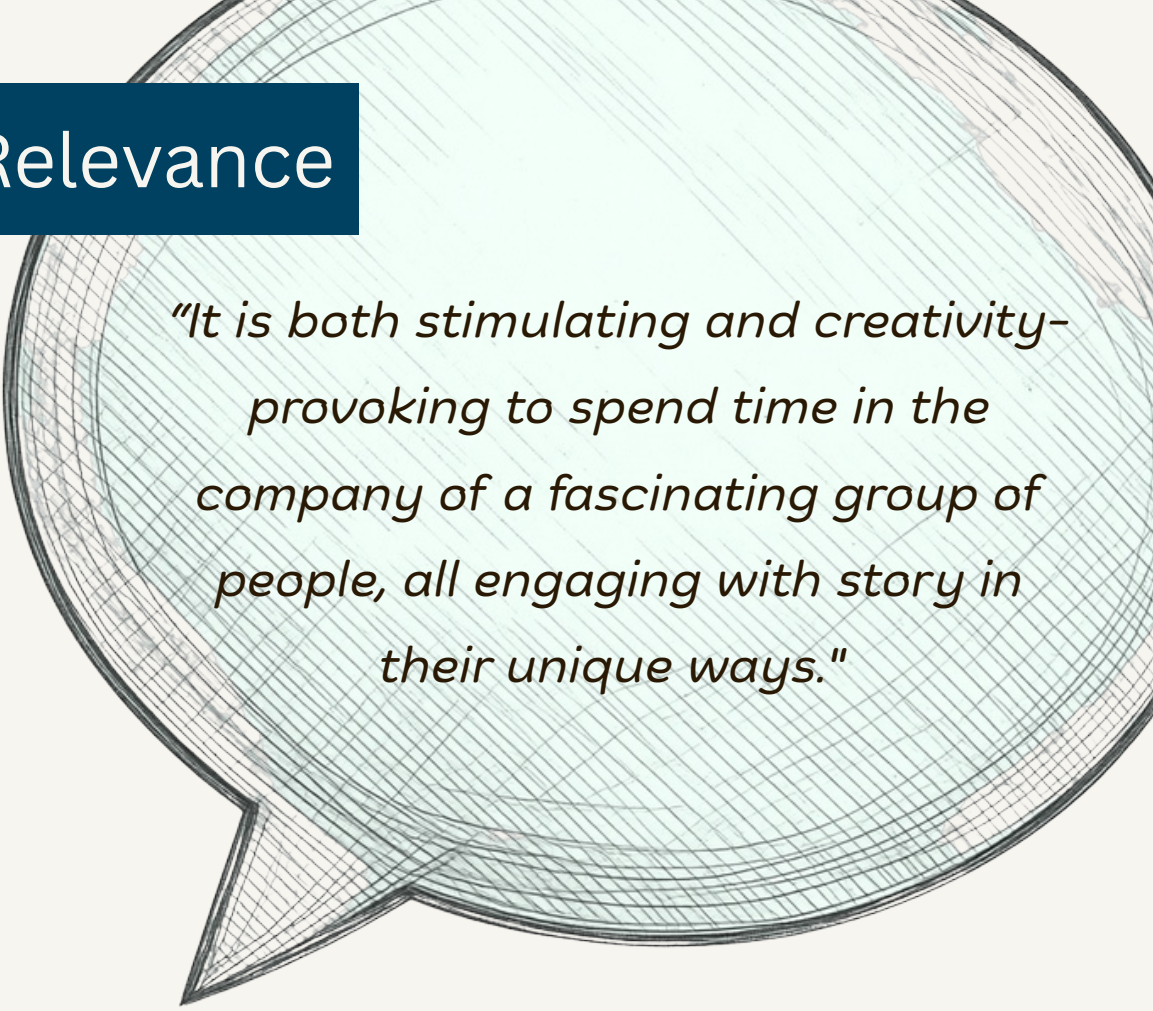
Angelina is professionally trained in Improvisation Theatre, Applied Improvisation, Warm Data, NLP, Transactional Analysis, Systemic Family Constellations and Solution Focus. She is a dedicated practitioner of various arts & crafts, dancing styles, Tai Chi, Qi Gong, and meditation.

As a storyteller, host and facilitator, Angelina calmly holds space. She invites participants to take their time with sharing, get curious about each other and appreciate being together in laughter as well as silence.

Course Assistants

Angelina collaborates with different practitioners from a variety of practices. They form the impro studio ensemble. Every Living Stories cohort is joined by at least one course assistant and tech host.

Course Relevance



"It is both stimulating and creativity-provoking to spend time in the company of a fascinating group of people, all engaging with story in their unique ways."

Storytelling Skills

The art of storytelling allows us to learn more about our place in the universe. Together, we craft stories that express who we are and how we relate to our world. Moving away from templates, scripts and forms, we train our creative muscles and share the joy of unscripted narration.

Collective Imagination

Living Stories is an interactive journey. It is designed for people who want to connect with each other. As we engage in this active process of co-creation, we are affected by one another - through one another. Together, we transcend individual visions of paths and outcomes.

Guidance & Inspiration

This course has deep relevance for professional listeners such as coaches therapists, and carers. Meanwhile, educators, knowledge seekers, and community builders will all find something to write home about. Whether you (want to) speak, write or devise: come practice and play with us!



Requirements

Open to All

There are no prerequisites in terms of storytelling or improvisation experience. We welcome anyone who wants to deepen their relationship with the animate world of stories. Note that this isn't an improv theatre or public speaking course. Here, we share stories from our personal lives.

Personal Responsibility

Improvisation is unpredictable and can take us out of our comfort zone. We ask that you take care of yourself and others. Should you currently be in precarious circumstances, we suggest that you wait with signing up until you are in calmer waters. This course requires commitment, self-reflection and mutual inquiry.

More Information

[How We Work](#)
[Accessibility](#)



"It's relevant and safe for us to bring our unique experiences & crafts, our wherewithal & our differences, our creativity & playfulness fairly and honestly to the project together."



Book a Call

If you have questions or would like to curate a personalised learning journey, please book a call with Angelina Castellini.



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Course Pack Edition 2026



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What's next?

Chapter 2

7. Characters & Archetypes
8. Threshold Creatures
9. Fools & Tricksters
10. Monsters & the Underworld
11. Gods & Cosmology
12. Stories We Tell Ourselves
13. Symbols & Metaphors
14. Ghosts & Shadows
15. Conflict & Double Binds
16. Love & Coming Home
17. Performing Stories
18. Becoming a Guide

Chapter 3





If you believe that you've never told a 'good' story before
or have no clue where to begin to tell a tale...

This is a great place to start.

And if you're a seasoned storyteller, you know
there's always another path yet to be discovered.

There is no story that ends all stories.
This is the beginning of new...

Living Stories

[Book Now](https://www.improstudio.org/living-stories)