

Resonant Stories: Voice, Music & the Creative Self

for Culture Vitale

Session Overview

This session explores the voice as a creative and developmental tool—bridging music, storytelling, and personal expression. Participants will engage in guided vocal exploration, collective sound-making, and narrative exercises that unlock creativity, strengthen presence, and deepen connection with self and others. Rooted in the intersection of artistic practice and personal development, the session invites participants to experience their voice not only as a means of communication, but as an instrument of identity, intuition, and transformation.

Objectives

- Reconnect participants with their natural voice and creative impulse
- Use music and rhythm to unlock spontaneity and reduce self-judgment
- Explore storytelling as a pathway to self-awareness and meaning-making
- Foster group cohesion through shared creative experience
- Encourage embodied presence and confidence in expression

Target Audience

Open to all levels—no prior musical or performance experience required. Ideal for individuals interested in creativity, personal growth, communication, or artistic exploration.

Duration

60 minutes total: 50 min participatory session + 10 min mini performance by the facilitator

Session Structure

1. Arrival & Grounding (5 min)

- Gentle breathing and body awareness
- Short vocal warm-up (humming, resonance)
- Creating a safe and playful space

2. Voice Activation (10 min)

- Guided vocal exercises (tone, pitch, rhythm)
- Call-and-response and group sound exploration
- Releasing inhibition through sound and movement

3. Music & Collective Creation (10 min)

- Building simple group soundscapes
- Layering voices, rhythm, and improvisation
- Listening and responding as a group

4. Storytelling Exploration (15 min)

- Prompt-based storytelling (personal or imaginative)
- Integrating voice, sound, and narrative
- Optional sharing in pairs or small groups

5. Integration & Reflection (10 min)

- Group reflection and sharing
- Noticing shifts in voice, confidence, and presence
- Closing sound ritual

6. Mini Performance by Facilitator (10 min)

- A short live piece combining voice, music, and storytelling
- Demonstrates the integration of the practices explored in the session

Methodology

- Vocal improvisation, embodied practices and breathwork
- Creative writing and oral storytelling
- Group reflective dialogue

The approach is experiential, inclusive, and process-oriented rather than performance-driven.

Outcomes

Participants will:

- Feel more confident using their voice
- Access new creative pathways
- Experience connection through collective creation
- Gain tools for ongoing creative and personal practice

Materials & Requirements

- Open space for movement
- Whiteboard, postcards and pencils

Facilitator Bio

Raquel Sáenz Llano is a multidisciplinary creative working at the intersection of voice, storytelling, and cultural practice. With experience in education, group facilitation, and artistic development, her work focuses on creating spaces where creativity becomes a tool for personal and collective transformation.

Alignment with Culture Vitale

This session aligns with Culture Vitale's focus on creativity and development by offering a participatory, reflective, and embodied experience. It supports both individual growth and collective engagement, fostering a sense of vitality through artistic exploration.

Optional Variations

- Extended workshop (2–3 hours): Deeper narrative development + group performance
- Thematic sessions: Identity, resilience, memory, or future imagination

Closing Note

“Resonant Stories” is not about singing well or telling perfect stories—it is about rediscovering the voice as a living, creative force.

