

Threads of Connection:

**A Two-hour Workshop on
Storytelling, Inclusion, and Team
Building through Embroidery**

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Purpose

To create a calm and inclusive space where participants reflect on moments of belonging and exclusion through the meditative act of embroidery.

The focus on making allows stories to surface naturally and safely, fostering empathy, connection, and a deeper sense of inclusion within the group.

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Audience

This workshop is designed for employees and teams in a company setting who are interested in exploring inclusion, diversity, and collaboration.

No prior embroidery experience is needed: participants of all skill levels can engage, reflect, and contribute equally, creating a shared, safe, and creative space for storytelling and team connection.



Material

The workshop centers on the tactile and reflective qualities of making. Using simple tools such as small embroidery hoops, fabric, needles, and coloured threads, participants engage through touch, texture, and colour; slowing down to reflect and share personal stories. Pens for sketching designs on fabric invite a gentle transition from thought to form.

All materials are provided by the facilitator.



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Workshop Flow

1. Welcome & Introduction (30 min)

We briefly go over the embroidery basics: how to hold the hoop, make a simple straight stitch, and use the pre-threaded needles: emphasizing that this is a gentle, creative process, not a technical lesson.

The facilitator begins with a short personal story that illustrates inclusion, connection, and the power of shared narratives.

Participants are invited to think of a personal experience related to inclusion or exclusion at work: a moment when they felt seen, overlooked, or part of a team.

Participants pair up and take turns sharing their stories with their partner helping select a word, symbol, or small design that represents their story of inclusion, identity, or teamwork.

Workshop Flow

2. Story Threads (1 hour)

The facilitator emphasizes that stitching is a supportive, reflective activity. It gives people something to do with their hands while sharing, making it easier to open up.

The pairs are put together back in the group and embroidering begins in a circle formed by all participants. The group is encouraged to tell their stories while embroidering, one at a time.

Facilitator moves around the group, prompting small reflections:

What color represents how you feel when you remember that story?

Workshop Flow

3. Collective Reflection & Connection (30 min)

Participants place their hoops together in a circle or grid, forming a “patchwork of belonging.”

Guided reflection:

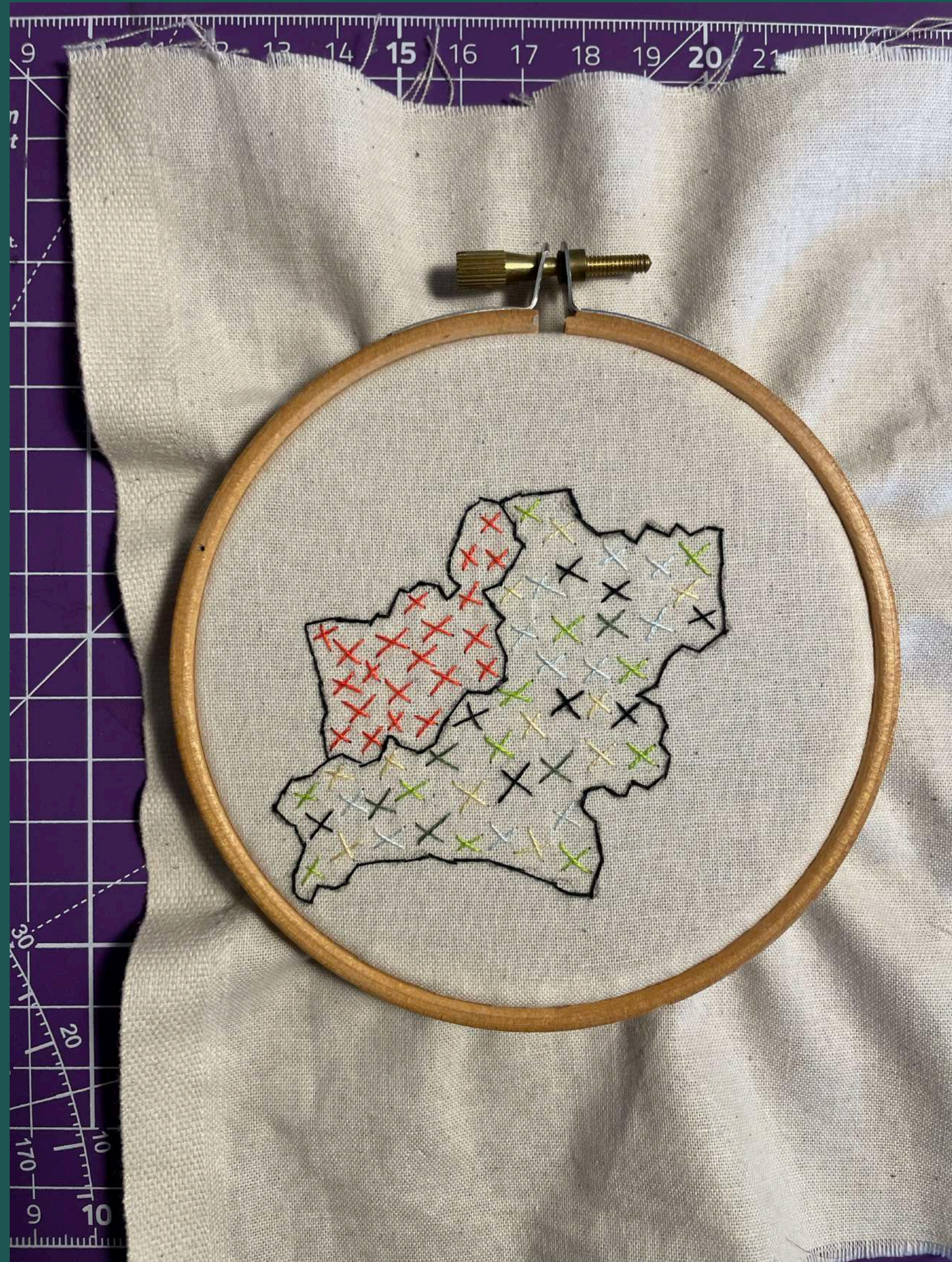
What did you notice about working side by side?

What connects our individual pieces?

What do the stories shared today have in common?

The facilitator closes the session with a shared insight or one word each to describe the experience.

Participants are welcome to take threads and needles home to finish their work or as a reminder of the shared session.



Both images were created in a two-hour workshop and were described as embroidered maps of imaginary lands.

On the left, a landscape of integration, where borders hold their shape and people are integrated but excluded.

On the right, a map of inclusion, where everyone occupies the same space, boundaries start to fade and threads weave together.

Learning Outcomes

Build empathy and understanding through storytelling and creative expression

The combination of verbal storytelling and hands-on embroidery allows reflection both intellectually and kinesthetically, strengthening emotional awareness and interpersonal understanding.

Experience inclusion and teamwork through shared making

Working in pairs and small groups, participants practice active listening, support, and collaboration, discovering how creativity can strengthen communication and trust in the workplace.

Recognize diversity as a democratic and collective strength

The workshop highlights how every voice and viewpoint adds to the richness of the team. Diversity becomes not just a goal, but a lived experience of working together with openness, respect, and curiosity.

WHO AM I?



Letícia holds a PhD in Language Studies and is a curator and cultural researcher focused on decolonial perspectives, accessibility, and interdisciplinary collaboration.

She is a creative practitioner specializing in storytelling, craft-based learning, and inclusive workshops, using embroidery and other tactile art forms to foster empathy, collaboration, and reflection.

Letícia helps teams explore diversity, inclusion, and connection in meaningful, hands-on ways.

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