

Saturday 27<sup>th</sup>, Sunday 28<sup>th</sup>, Monday 29<sup>th</sup> January 2018 at the BFI Southbank, London

# STEPHEN MAY'S YOU ARE YOUR STORY<sup>®</sup>



## Inspire your greatest work in just 3 days

They say “write what you know”. Our greatest source of inspiration should surely be our own experience – yet our greatest repository of emotional trauma (and therefore drama) is our subconscious. How can you know or access your most powerful processor? If it is subconscious then surely, by definition, this is not possible? It is. Over 3 days, *You Are Your Story*<sup>®</sup> will help you access your most powerful creative resource. The origin of the word “inspire” is to *breathe in*. This workshop will put you in a place to breathe in the magic of story – your story.

# The Power of Story



## What is the Program?

We are all obsessed by “stories”. But why? Where do they get their power?

Over three intensive days, Stephen May will help you understand the source of that magic and guide you to reframe the narrative of

your life, using great movies for reference! The power of myth, rites of passage and three-act story structure carry thousands of years of wisdom. And using the magic of expressive writing (speed writing with rules), participants will narrate their personal experience (your personal writing is for you only, it is kept strictly confidential). As you begin to fictionalize your story, moving from “I, me, my” to “she, he, we” you will feel the exhilaration of change, empowerment and inspiration. You will feel the sense of owning your story again and finding the true source of your creativity. YOU are your story. This 3-day programme will help you write a good one!

[LISTEN HERE](#) to Stephen May talk about the YOU Are Your Story workshop.



## About Stephen May

Stephen May is a world-leading expert in self-exploration and development through story structure. He has over thirty years of experience as an actor, writer, director, film producer and

teacher – working with the likes of Warner Bros, Film4, Working Title Films, Castle Rock, HBO etc. And participants on his workshops are releasing successful movies and TV shows every month – in this last year alone winning BAFTA's, Oscars and accounting for the most successful indie release of 2017 (“47 Metres Down”). One of Stephen's major passions in life and work is investigating the relationship between myth, story and personal growth. His own “story” has been shaped by: a childhood of constant movement (over 30 homes, 14 schools); sports success cut short by serious injury; the euphoria and trauma of video-journalism in war zones; the considerably greater euphoria and trauma of marriage, separation and three children!

And he feels he might just be entering Act 2...

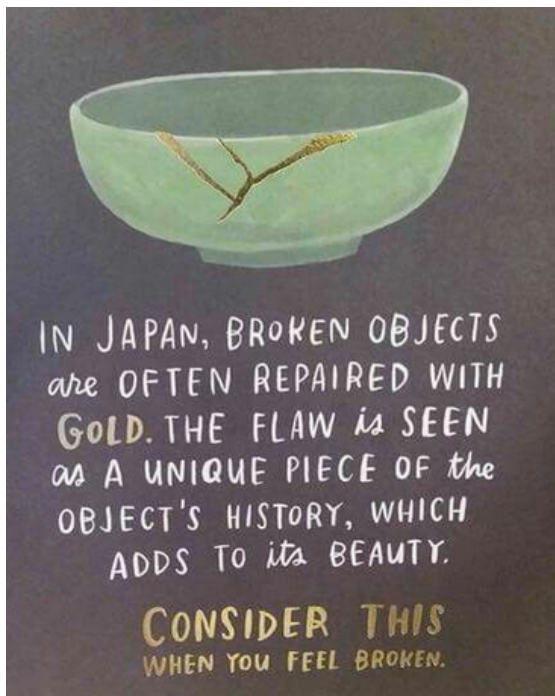
With his *YOU Are Your Story*® series of workshops and texts, he guides us to channel the wisdom of the greatest stories into a new, healthy narrative that we choose to write for ourselves. He guides us to reframe our “flaws” and “mistakes” as the very things that make us most human, most beautiful.



## Why should you attend?

Are you living your life to your full potential? Are you creating your best work? Is the story you are telling yourself about yourself unwittingly the main obstacle to your growth? Do you really understand where stories get their power? Are you a writer seeking inspiration? Do you feel isolated with your concerns?

All of us feel, sometimes, that we are living someone else's idea of who we are supposed to be. Let this weekend show you the existing beauty of your own story. *YOU Are Your Story*® lifts you onto the shoulders of the great storytellers. For three short days, come and join a small group of fellow-travellers – listen, talk, laugh, watch clips from great movies, write, have fun and, learn. Let this experience confirm to you your unique value, and start 2018 by writing a new chapter for yourself.



IN JAPAN, BROKEN OBJECTS  
are OFTEN REPAIRED WITH  
**GOLD**. THE FLAW is SEEN  
as A UNIQUE PIECE OF the  
OBJECT'S HISTORY, WHICH  
ADDS TO its BEAUTY.

**CONSIDER THIS**  
WHEN YOU FEEL BROKEN.

# What will you gain?

This three day workshop will give you:

- A process to access your subconscious storytelling skills
- A greater understanding of where story gets its core power
- A new network of fellow storytellers
- An increased sense of owning your own life narrative
- Inspiration! (to breathe or put life and spirit into the human body)

## PRAISE FOR *You Are Your Story*<sup>®</sup>

“It’s been amazing. I learned a lot about myself! Which I wasn’t expecting. I’ve left with resources, new friends, potential collaborators. It’s been amazing. Stephen May is great!”

- Keytonia Walker

“Such a brilliant experience. The 3 days were a huge challenge and at times, very emotional. But such a brilliant experience. Thank you.”

- Hayley Egan

“This programme is amazing. I feel like I have learned a few months’ worth of knowledge in just a few days.”

- Vick Vladimirovas

“I would definitely recommend this to any filmmaker... Awesome.”

- Mishaal Memon

VIDEO: [Participants chat about our last \*You Are Your Story\* workshop](#)

WEB: [www.thescreenartsinstitute.com](http://www.thescreenartsinstitute.com)

**BUY YOUR TICKETS FOR THE “YOU ARE YOUR STORY” WORKSHOP HERE.**