



Page 2

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Stories in Motion

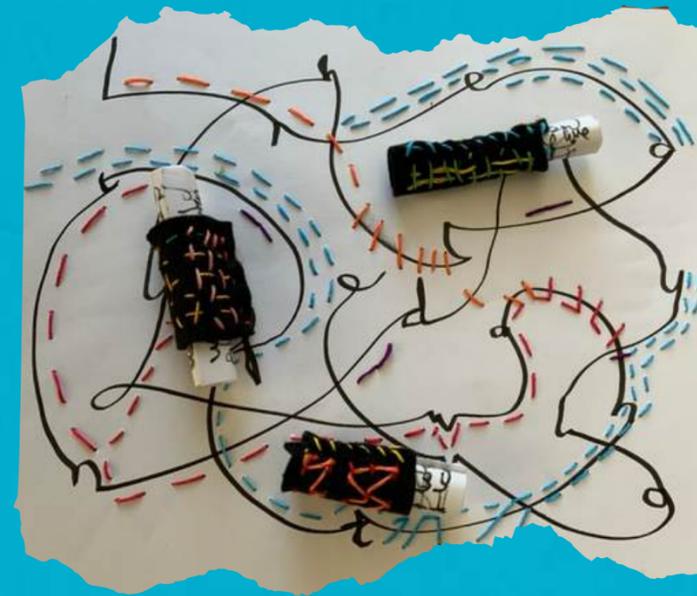
H. Fay Wilkinson

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Storycatcher

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☀️ Pathways



3 Overview

4 What is a Story in Motion?

5 Who is it for?

6 Why a Story in Motion?

7 How Does it Work?

8 Example Gallery

9 About Me

11 Frequently Asked Questions

Overview

Wish you felt more peaceful as you navigate illness and treatments?

Do you wonder if there were a new and safe way to express your unspoken thoughts and feelings?

“Hi, I’m Fay Wilkinson. I’d like to invite you to work with me to explore and create your unique short, digital Story in Motion. This creative expression of your feelings - here and now - will be supported using your choice of images, your words spoken by you, all woven together with music. This video treasure will only be shared with people of your choosing. And you don’t need to be an artist! So, do drop me a note I’d love to tell you more!” fay@thecreativecocoon.com



[PLAY THE VIDEO](#)





What is a Story In Motion?

A Story in Motion (SiM) is a truth-full short, digital story that expresses previously untold thoughts and feelings as you navigate illness and treatments.

The use of your choice of imagery, and your words spoken by you, all woven together with music serve to tell your story in **short form digital video**, which can ultimately improve your mental wellness.

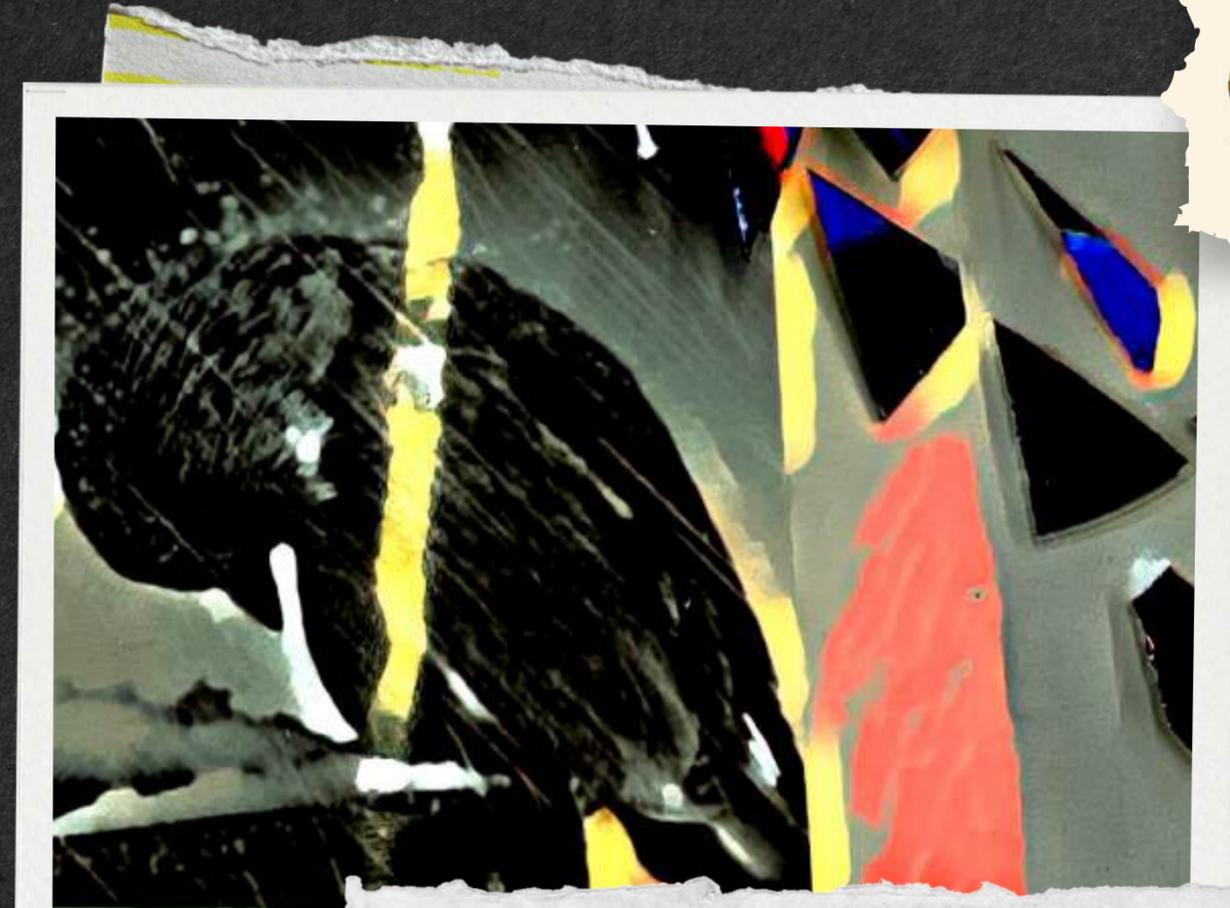


Who is it for?

You don't need to be an artist; we'll work together. Your Story in Motion is for you. It is a snapshot in time. You may or may not choose to share it with others.

If you're living with a life-shortening illness or are navigating mental health challenges, or both, a Story in Motion is for you.

"Fay's sincerity, enthusiasm, great energy, insight and joyfulness inspired me and encouraged me to fully express myself of who I really am. Thank you so much to Fay for creating this great experience for me!" - MaryLou



Why a Story in Motion?



1

The process can be freeing, empowering and offer new perspectives: It may be a difficult story; an untold story; or a series of reflections.



"I had the honour of experiencing all of Fay's highly skilled and intuitive abilities. My very personal story became more whole and more healing as I worked with Fay by attaching sound and visuals." - Erwin

2

Provide a sense of connection which may offer peace of mind and a sense of relief: a chance to explore what has emerged since diagnosis and what you are currently facing.



"Fay has taught me to expand my perceptions using techniques that have shown me new ways of looking at myself, my relationships, my world. I am forever transformed and forever grateful!!!" - Renee



How Does it Work?

We'll have initial conversations either in person or over zoom. You will be part of the process every step of the way as we map out the content of your Story in Motion and I put it all together.

“Wow!!!!!!! Fay, it's wonderful. You really elevated it to another level. I love it!!!! I am beyond thankful for you and for this beautiful piece of work you created for me” - Jenny

“I have so appreciated Fay's continued invitation to explore the heart-to-hand connection.” - Ruth



CLICK TO VIEW THE VIDEO EXAMPLES

Examples of Stories in Motion



The Earl and the Robber

An original Story in Motion, set in medieval times, of a life living with Lewy Body Syndrome and Parkinson's. 8 min

Ride The Wave

"This has helped in my healing process through this cancer journey that will be part of the rest of my life." 5 min



An Outsider No Longer

A fairytale like story written by Marylou and narrated by H. Fay Wilkinson. 3 min



Time

"This allowed me to open up in a way to show my feelings and thoughts with my family - for them to get a better understanding of what I was feeling and going through in my cancer journey." 2 min



About Me



I have been working in the field for over 30 years. My Creative Cocoon Practice is in rural Ontario Canada.

COMMUNITY IMPACT



I have been Faculty and the Coordinator of the Expressive Arts Post Graduate Program at Fleming College's Haliburton School of Art and Design, awarded the Fellowship of Applied Education from Fleming College, and nominated for the Innovation and Creativity Award from the Chamber of Commerce.

Visible Voices
CREATE. CONNECT. COMMUNITY.

Founder of the Visible Voices Open Arts Studio, a community hub for making.

CURRENT CLIENTS



As well as working with individual clients, I design and deliver in person and online programs for Mental Health Services and Brooksong Retreat & Cancer Support Centre.

ACCREDITATIONS



I am registered with IEATA (International Expressive Arts Therapy Association) and OEATA Ontario Expressive Arts Therapy Association.

WRITING AND SPEAKING

Published research paper as first author in the International, peer reviewed Journal of Arts & Health. A speaker locally, nationally, and internationally, including the World Conference on Arts & Health in Australia.



About Me



... MORE IMPORTANTLY

- I am passionate about stories, mine, and others. I am a storycatcher.
- I have the privilege of guiding people to put difficult stories into a metaphorical story world using traditional and digital formats.
- I work with art-making materials as tools to encourage self-expression in an authentic way.

MY CURRENT FOCUS

- I design and deliver innovative programs for those living with life-shortening illnesses as well as those navigating mental health challenges through short, truth-full, digital Stories that we co-create.
- I continue to learn, be astonished and humbled by the people I have the privilege to work with.



I am honoured to have been called an 'Illisaiji' – someone who creates an environment where wisdom can reveal itself.

H. Fay Wilkinson

Registered Expressive Arts Practitioner, Storycatcher

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📺 [The Creative Cocoon Vimeo](#)



Frequently Asked Questions - Stories in Motion



What is the cost of a Story in Motion (SiM)?

I employ a sliding scale understanding financial pressures are very real. We will have that conversation at the beginning of our work together. I am also researching funding sources for SiM to alleviate the issue for those with financial challenges

How much involvement does the support person need to have in the development of the Story in Motion?

Help with scheduling meetings; possibly helping with connecting to Zoom for remote meetings when necessary; and possibly being an intermediary

Approximately how long does a Story in Motion take from start to finish?

I aim to complete your SiM in 4 - 6 weeks or sooner if necessary.

Will my Story in Motion be published or shared with social media?

Only with your express permission. Your SiM is yours and you will have absolute control on who will experience the final piece





Frequently Asked Questions - Stories in Motion

What if I have no artmaking or writing to offer, can a Story in Motion still be made?

Yes it can! Together we can select found images and I can draft words based on our conversations.

Will my face be on camera? What if I am unable to record my words?

Only images of your artwork will be recorded. There is always the option for me to record your words once you have approved what is to be said, if for whatever reason you are unable to record

Do I need a computer and internet?

You, or your supporting partner will need access to a computer so we can connect during the process. I will do the technical stuff in terms of putting the SiM in motion!

What will I receive at the end of this process?

An mp4 and my gratitude for giving me the opportunity to tell part of your story in a new way.

How long is the finished Story in Motion?

Usually under 5 minutes.

More questions? Please email
fay@thecreativecocoon.com



Thank you for listening



the
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Cocoon



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