



The Social Impact of Centre for Stories: Backstories 2021



On average, storytellers participating in the Backstories 2021 experienced a +9% positive shift in their overall wellbeing.

Through building wellness, life skills, and resilience of its storytellers and by providing them the relationships and opportunities for self-development, Centre for Stories helps place individuals in the best position to fulfil their full potential and live a life they value.

Ages

18-64 years old

Sample Size

20 Backstories storytellers

“You've helped me connect with like minded people. You've helped me connect human to human. You've brought me closer to my community and feel like I belong.”

**Wellness:
Connection to Community**

+14%

Storytellers feel closer to their community.

**Resilience:
Problem Solving**

+12%

When confronted with a problem, storytellers can usually find a solution.

**Life Skills:
Communication Skills**

+12%

Storytellers are able to share their thoughts and feelings with others.

**Wellness:
Connection to Culture**

+12%

Storytellers feel a closer connection to their culture.

**Wellness:
Connection to Family**

+10%

Storytellers feel closer to family.

**Life Skills:
Communication Skills**

+9%

Storytellers feel more confident in their ability to express their ideas through stories.