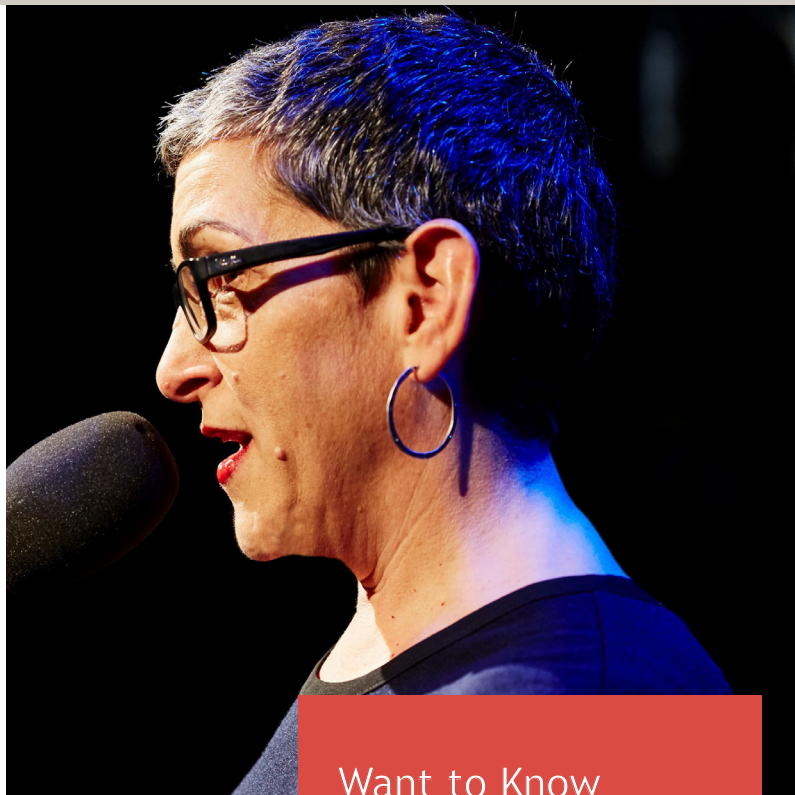


She's All Talk

Tracey Segarra Brings Storytelling to Long Island

By Claudia Gryvantz Copquin



> **TRACEY SEGARRA WON'T STOP TALKING** since she fell head over heels in love - with storytelling. "I started listening to *The Moth Radio Hour* on NPR in 2015," says the 55-year-old marketing professional from Hewlett. "I immediately felt a pull to start telling my own stories, dropped my name in the hat at a Manhattan Moth Story Slam in 2016, won the competition that night, and knew immediately that this was going to be the driving force of my life."

BRINGING IT HOME

Lucky for Long Islanders, since then Segarra has been sharing that passion at her own "Now You're Talking: A Storytelling Show" held in venues such as Merrick Theatre and the Boulton Center in Bayshore. In December she's premiering "Now You're Talking!" at the new, My Father's Place supper club at the Roslyn Hotel. Each event typically features six storytellers, some experienced and some who are novices but receive pre-show coaching from Segarra. Each show is themed, and the true stories are often funny yet poignant slices of life told in front of a live audience.

WHY STORIES MATTER

The key is to be genuine. "My audiences tell me the vulnerability and raw humor of my storytellers is what keeps them coming back. They're connecting with their humanity and with each other. It's pretty magical stuff," she says.

Segarra, who refers to herself as a "storytelling evangelist," says conveying meaningful events that happen to us in story format is a powerful way to enrich our lives. "Storytelling is how we make sense of the world, from when we were very small. It's how people best learn.

TEACHING THE CRAFT

In addition to the storytelling shows, Segarra teaches workshops on crafting effective and compelling stories that audiences can identify with, to individuals and corporations. These can help business people forge relationships with colleagues, clients and prospects. For example, an upcoming six-week storytelling workshop for Molloy College's professional staff will teach them how to effectively tell their own "Molloy Story."

WHAT'S NEXT

Segarra is planning monthly open mic nights in the future and hopes to establish permanent homes on the South and North Shores of Long Island for her curated shows. She's also talking about launching a podcast.

"My favorite quote about storytelling comes from poet Naomi Shihab Nye - "People can reject your opinions, they can reject your politics, but they can't reject your stories," she says.

50+

Want to Know More About Storytelling?

Check out an event below at
traceysegarra.com/events

Saturday, October 20th

Beginners Storytelling
Workshop, 7-9pm

*Central Synagogue - Beth
Emeth, Rockville Centre*

Sunday, October 21st

"Now You're Talking!" presents
"Take me to the movies!" Six
storytellers sharing tales about
the cinema. 2-4pm

Cinema Arts Centre, Huntington

Saturday, December 15th

"Now You're Talking!" presents
"Facing the Music: Stories of Sex,
Drugs & Rock 'n' Roll. 8-10pm
*Curated show featuring MFP
owner/founder Eppy Epstein
My Father's Place, Roslyn Hotel*