

## The Writer in Your Life

Wednesday 7 November 2018 with Claire Williamson (MA, SFHEA)

10.00am - 3.30pm



This experiential Continuing Professional Development day focuses on your relationship with writing.

An experiential dayschool about managing and understanding the writer within. How can you make your writer work for you within your lifestyle? Writing exercises to help turn life experiences into literature and to nurture 'the writer in your life'.

The day will focus the following:

- Your early relationship with writing
- Your creative 'territory'
- Creative possibilities and leaps of imagination
- Curiosity and flow
- Archetypes, reflections and shadows
- Risks, resilience, blocks and 'chains of action'

Using writing exercises, theoretical backup and groupwork sharing, we will find hooks and inspiration to support the narratives you wish to tell in whatever form best lends itself to the telling.

