

PERENNIAL DIARIES

Write through the Hurt Workshop

Workshop:	A Healing Workshop
Facilitator:	Fawn Einarson-Nielsen
Duration:	Six Sessions
For:	Adults wishing to share their stories in a safe environment. Adults on a healing journey who are looking for support in their healing. Adults wishing to help others who struggle with issues similar to their own. Adults who have struggled to overcome a challenge in their life. Adults wishing to capture their healing stories for future reflection. Anyone with an inspirational story of overcoming challenges/obstacles. <i>Note: Groups are gender orientation specific.</i>

Overview

A writing workshop with introspective activities help participants identify personal strengths, improve emotional well-being, reduce stress, create a vision for moving toward a more fulfilled life

Our thoughts influence our feelings...our feelings influence our actions...our actions define our character...our character creates our circumstances.

'And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom' **Anias Nin (1903-1977)**

Benefits to participants:

- ✓ Clarify your thoughts and feelings
- ✓ Get to know yourself better
- ✓ Eliminate obstacles through intuition
- ✓ Stop stewing and wasting your energy
- ✓ Reduce stress by releasing intense feelings
- ✓ Analyze and grow your support networks
- ✓ Create a plan to support your healing journey
- ✓ Identify your potential
- ✓ Recognize the gifts and positives along the way

Workshop materials included.

NOTE: Authors interested in having their stories published, may request a review consultation.



HEAR my HEART BOOKS Inc.