



About the Workshop

Embark on a day's journey of creative writing exercises designed for self-reflection and awareness. Embrace your love of words and writing and experience how creative writing can be inspiring, nurturing, stimulating and generative. Practice easy-to-use journaling exercises you can use in on-going self care practice. Discover the possibilities of creative writing to reconnect with yourself and what is most important.

You will have the opportunity to:

- Explore 10 different creative writing exercises
- Build skills in reflective writing use
- Reflect in ways that are comfortable for you
- Work in the safe environment of a small group

Who should attend?

Women and men interested in a warm and friendly non-pathologising space for thinking about, "How am I?", "What do I need?" "Where am I going?". This day offers self reflection, self care, relaxation and self recognition. It is open to all who are interested in self discovery and self expression in safety and with fun and joy. All welcome.

1 Day Workshop

Enjoy a day of self care at this wellness writing workshop and experiment with a range of writing styles.

When: 30 March, 2019

Time: 10.00am - 4.00pm

Where: Well for Life,
2/35 Hume St, Crows Nest NSW

Cost: \$197



Trainer

Sabina Rabold

Registered Counsellor and
Psychotherapist