



Writing to Inspire: Unleashing the Inspirational Writer in YOU!

Course contents with Denny Stockdale

Objectives:

- Unlock your inner writing voice
- Go deeper with your own writing and reflections
- Take your writing to a new level
- Give your writing muscles a workout
- Increase awareness of inspiration in your own life
- Increase awareness of how you inspire / influence others
- Learn additional tips / ideas on how to use writing to communicate the wondrous and inspiring stories that unfold each day around you

Course Overview:

- Week 1: Creating a safe space for writing: Getting to know ourselves. Creating Empowering Habits.
- Week 2: Writing Prompts: finding those in our everyday life
- Week 3: Finding inspiration in the world
- Week 4: Writing our stories
- Week 5: Deepening Connections
- Week 6: Spirituality in Writing
- Week 7: Healing wounds and hurts / Reframing
- Week 8: Increasing Inspirational Attitudes

“I write to discover what I think.”

Joan Didion

“All the fun is in how you say a thing.”

Robert Frost

“The faster I write the better my output. If I'm going slow, I'm in trouble. It means I'm pushing the words instead of being pulled by them.”

Raymond Chandler