

Written Story Workshop

- When** Saturday, Nov 11, 2017
9:00 AM -12:00 PM
- Location** Private Home (Brenda's)
Bainbridge Island, WA 98110
- Details** \$75. Limited to six people (with possible online option with enough interest)
***To register, please contact Jennifer Wilhoit at:
tealarborstories@gmail.com or call (206) 529-7517
- What** A hands-on writing workshop that can be of support to one's life, too.
- Write deeply.
 - Focus on unique solutions to individual writing issues.
 - Create structures to begin, continue, and finish a writing project.
 - Roam through the roles of body, emotions, mind, and spirit, in writing - and in life.

This workshop is for anybody who wonders how s/he will ever find the space, time, or energy to complete a writing project(s) amidst a full life, but who earnestly desires to do so. While especially appropriate for memoir writers, this opportunity is for anybody who wants to move from stasis to flow in their written work. We will offer experiential activities, instruction, troubleshooting, and support. We believe that writing process is as crucial to written outcome as moving a pen across the page, so we will address how body, emotion, mind, and spirit impact the writer as well as the writing. We will guide participants through practices to meet the unique needs of the writing life. This is a condensed version of a full-day workshop, so participants should be prepared to take what is offered in our short time together and flesh it out in daily experience afterward.

Participants will learn from the perspectives of:

- 1.) A writing mentee who navigated a lot of "life" while beginning, laboring through, completing, and publishing her first writing project: her memoir.
- 2.) The seasoned author/writing mentor who worked with her, offering creative and earth-based practices to structure and support the writing, as well as the writer's life.

Participants will leave the workshop with practical tools for navigating the writing project and the writing process.

Registrants: Please bring any excerpts from your project that you want to work on. People who have not started their project are also very welcome. Bring a sheaf of *unlined* 8 ½ x 11" paper; several writing pens; any dilemmas, issues, writing blocks ... as well as a willingness to go outside (with weather-appropriate clothing) for brief periods of time to engage some of the activities.

Facilitators Brenda Fantroy-Johnson & Jennifer J. Wilhoit, Ph.D.

Brenda Fantroy-Johnson is the author of *Imagine Me*, a compelling memoir about growing up amidst loss, tragedy, and abandonment in the ghetto of 1960s Detroit. Through faith, education, and tenacity, she has overcome extreme obstacles, climbed (literally) huge mountains, and traveled all over the world. Brenda launched into a writing life upon publication of her memoir, including attendance at PNWA 2017 and writing salons all over the Puget Sound; she is frequently invited to speak about her life, her book, and her writing. Brenda is currently working on her second book, a novel. Her day job is working for AT&T as a manager in their computer security department. Brenda hired Jennifer to mentor her through the process of writing her memoir and they became dear friends through this time together.

Jennifer J. Wilhoit Ph.D. is an author, writing/life mentor, editor, and a spiritual ecology researcher; she has been writing for more than two decades. Drawing from ecological and human nature, she offers writers compassionate processes for navigating their writing life in order to complete projects. Through *TEALabor stories*, she works individually with international writers of all genres; offers workshops, trainings, courses, and retreats to groups as diverse as attorney mediators, hospice workers, interfaith clergy, ecologists, businesspeople, medical doctors, and scholars; and speaks frequently at professional gatherings. Jennifer has published three nonfiction books including *Writing on the Landscape: Essays and Practices to Write, Roam, Renew* (coming in autumn 2017); dozens of articles, book chapters, essays, newspaper articles, and guest blogs; and keeps her own blog. She's currently working on her fourth (ecology essays) and fifth (eco-artist profiles) books. Learn more at: www.tealarborstories.com