

SOLEIL LIFESTORY NETWORK

Turning Memories Into Memoirs[®] INTRODUCTORY Lifestory Writing Workshop

Sunday

- 2:30-3:15 Registration and Opening Reception (Companions/Spouses welcome)
- 3:15-5 Introductory Session: MemoryList
- 5-6+ Supper together (Companions/Spouses welcome)

Monday

- 9-12 Morning Session (followed by lunch together and quiet time)
 - Creating Framework.
 - Exploring writing terms in relation to lifewriting.
 - Fiction vs Memoir.
 - Structuring a story.

- 1-3 Afternoon Session
 - Finding the story.
 - Facing the facts.
 - Digging for more.

- 3+ Writing time (on your own): Assignment #1

Tuesday

- 9-12 Morning Session (followed by lunch together and quiet time)
 - Getting to the soul of your writing: public vs private.
 - Exploring and strengthening voice.
 - Editing Guidelines.

- 1-3 Afternoon Session
 - Loosen up your writing.
 - Sharing / editing of your stories. (Here's where the workshop gets really interesting!)

- 7 Writing time (on your own): Assignment #2

Wednesday

- 9-12 Morning Session (followed by lunch together and quiet time)
 - Exercises to unblock.
 - Editing of your stories.

- 1-3 Afternoon Session
 - Editing of your stories.

- 3+ Writing time (on your own): Assignment #3

Thursday

- 9-12 Morning Session (followed by lunch together and quiet time)
 - Editing of your stories.

- 1-3 Afternoon Session
 - Editing of your stories.
 - Publication possibilities.

- 3+ Writing time (on your own): Assignment #4

Friday

- 9-11:30 Morning Session (followed by lunch together)
 - Editing of your stories.
 - Planning for your continued success.

- 11:30 Our final lunch. (Companions/Spouses welcome)

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