

August 20, 2019

ASI 2019 Experiential Workshops

The Experiential Workshops are a new feature for ASI 2019 designed to satisfy a yearning to learn about such topics as Indigenous knowing and healing, creative writing, self care, and enhancing social and emotional skills in our daily lives. Unlike the Concurrent Sessions that focus on evidence (the head) or the Concurrent Skills Workshops (focus on action – the feet), these workshops are designed to engage the heart and soul of participants and inspire new insights and skills for personal and professional development. The workshop presenters are knowledgeable, wise and experienced in facilitating diverse groups.

4. Writing Towards the Light: Contemplative Writing and JOY!

Workshop Leader: Sheree Fitch - Author, Poet and Storyteller

"Everyone is talented, original and has something important to say."

Brenda Ueland

These wise words inform the creative writing workshops and retreats offered by author, poet, and experienced writing instructor Sheree Fitch for over 30 years. Working with people of all ages - whether in a tent out on the land in Nunavut or in a small village in Bhutan, Sheree has seen firsthand the transformation in participants as they begin to tell their stories and explore their creativity through writing. She also knows, professionally and personally, the healing power of storytelling and literature.

Through a series of guided writing prompts and exercises, Sheree will create a safe space for participants to do some "first burst" writing. Using breath, meditation and some movement, the group will explore possibilities of writing as a healing practice and a 'whole being' activity. Uncovering authentic voice and vision is a journey to the centre of the self. Everyone will leave with 'pieces' they might want to complete or even a story idea they never knew was hiding inside.

If you've ever wondered how to keep ideas going or take experiences and write to share with others—bring pen, paper, a sense of humour and imagination.

References: *Breathe, Stretch, Write* by Sheree Fitch Pembroke

Biography:

Sheree Fitch is an award-winning author, poet and storyteller. She has published over 30 books in various genres for all ages. She owns and operates *Mabel Murple's Book Shoppe and Dreamery* in the summer months in River John, Nova Scotia. Her poem *Everybody's Different on Everybody Street* was commissioned in 2001 by the Nova Scotia Hospital for the 10th Anniversary of Festival of Trees to raise awareness of mental illness and addiction. In 2018, the poem was published as a book by Nimbus, illustrated by Emma Fitzgerald and just won the Atlantic Independent Book Seller's Choice Award. Sheree's next book, *You Won't Always Be This Sad* will be published by Nimbus in October of 2019. This book is a poetic exploration of the landscape of sorrow and keeping faith in the wake of her son's death in 2018.

