



Lisa M Billingham

HEALING THROUGH CREATIVE WRITING

WORKSHOPS BROCHURE

www.lisambillingham.com

HEALING THROUGH CREATIVE WRITING



This series of creative writing workshops is suitable for anyone:

- Going through trauma,
- Experiencing mental health issues,
- Struggling to come to terms with past actions,
- Wishing to write their own story,
- Looking to learn a new creative skill or to develop their skills.
- Looking to meet new people and make new friends,
- Needing to strengthen relationships and teams.



HEALING THROUGH CREATIVE WRITING

These workshops are designed to help participants:

- Improve their creative writing and speaking skills,
- Develop & support good mental health and good habits,
- Improve their confidence and self-esteem,
- Learn a new skill,
- Begin or expand their creative skills,
- Work as a team to brainstorm ideas.

Throughout the series of workshops, participants will:

- Be asked to journal about their feelings,
- Keep a writer's notebook,
- Undertake a variety of exercises and tasks,
- Write a short story or poem (s)
- Read their work to their peers, if they wish



HEALING THROUGH CREATIVE WRITING

Tasks and exercises include but are not limited to:

- Deep breathing,
- Deep healing,
- Automatic writing,
- The use of writing prompts,
- Journaling,
- Character building,
- Producing at least 1 short story or several poems for potential publication,
- Producing a cover and illustrations for a book,
- Learn the process of uploading a book onto Amazon,
- Reading aloud to an audience.

Option of 1-1 sessions with me to be made available should the need arise.



COURSE OUTCOMES

- Participants will:
- Learn a proven way to release the past and learn to love their life and themselves,
- Build their confidence and self-esteem,
- Have an increased awareness of themselves and others,
- Learn a new skill,
- Unleash their creativity,
- Unearth their self-worth,
- Learn new good habits,
- Feel calmer,
- Produce a short story / or stories or a poem (or several poems,)



COURSE LENGTH



Session delivery is over 5 days scheduled to suit your requirements.

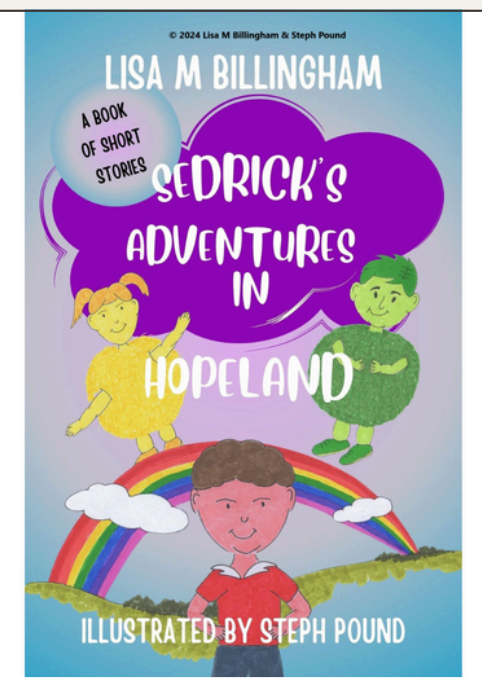
Each workshop is a full day with a break for lunch.



WHAT EACH PARTICIPANT WILL NEED



- The desire to change and improve their life,
- A notebook,
- Pen/Pencil,
- A copy of the course workbook,
- A copy of Katie, A New Chapter, Tom, The Next Chapter or Sedrick's Adventures in Hopeland, or a book of their choice,
- Time to dedicate to themselves to complete the exercises throughout this series, even if it's only 10 minutes per day.
- An open heart and mind.





Session 1.

Group introductions & ice breakers,
Talk by Lisa M Billingham,
Readings from Katie, A New Chapter or Tom, The Next
Chapter, (Katie to be read first,) or Sedrick's Adventures
in Hopeland.
Q&A session,

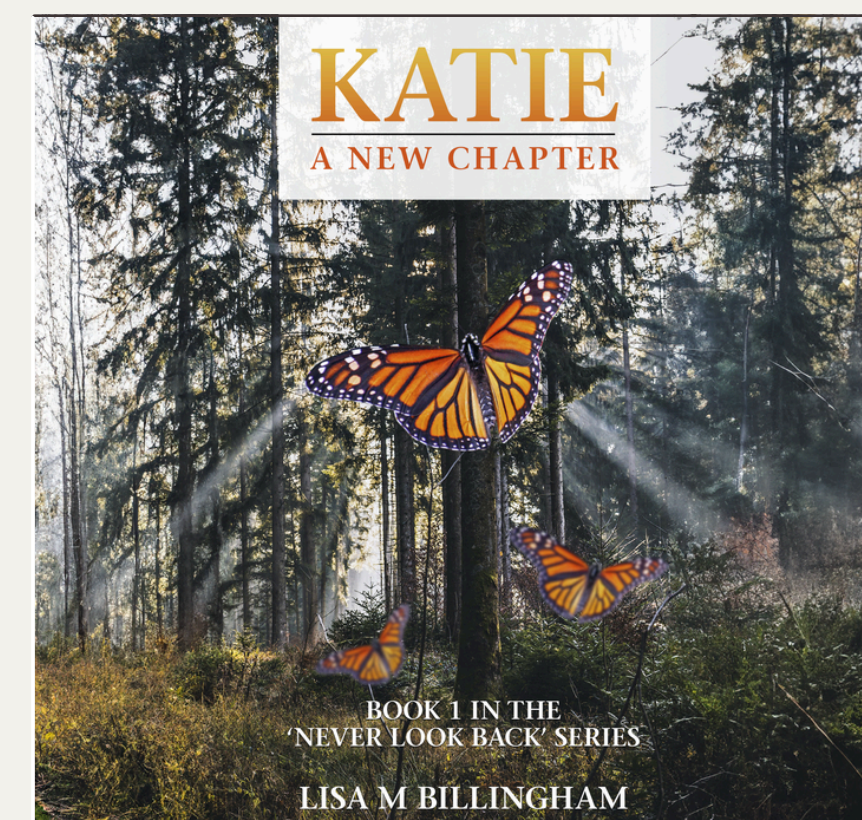
Lunch break,

Reflections,
Writing workshop,

Preparation for session 2:

Finish reading Katie or Tom, if not already finished,
Prepare questions for session 2,
Continue taking action from the afternoon's writing or
reading workshop.

WORKSHOP OUTLINE



WORKSHOP OUTLINE

Session 2

Recap of previous workshop including Q&A,
Introduction to journaling,
Writing exercise using visual prompts.

Lunch break,

Reflections,
Character development exercise

Preparation for session 3:

Participants are to continue journaling or character development.



WORKSHOP OUTLINE

Session 3

Recap of previous workshop including Q&A,
Continuing the work on the character building,
Deep healing writing (if appropriate,)
Outline short story including location(s),

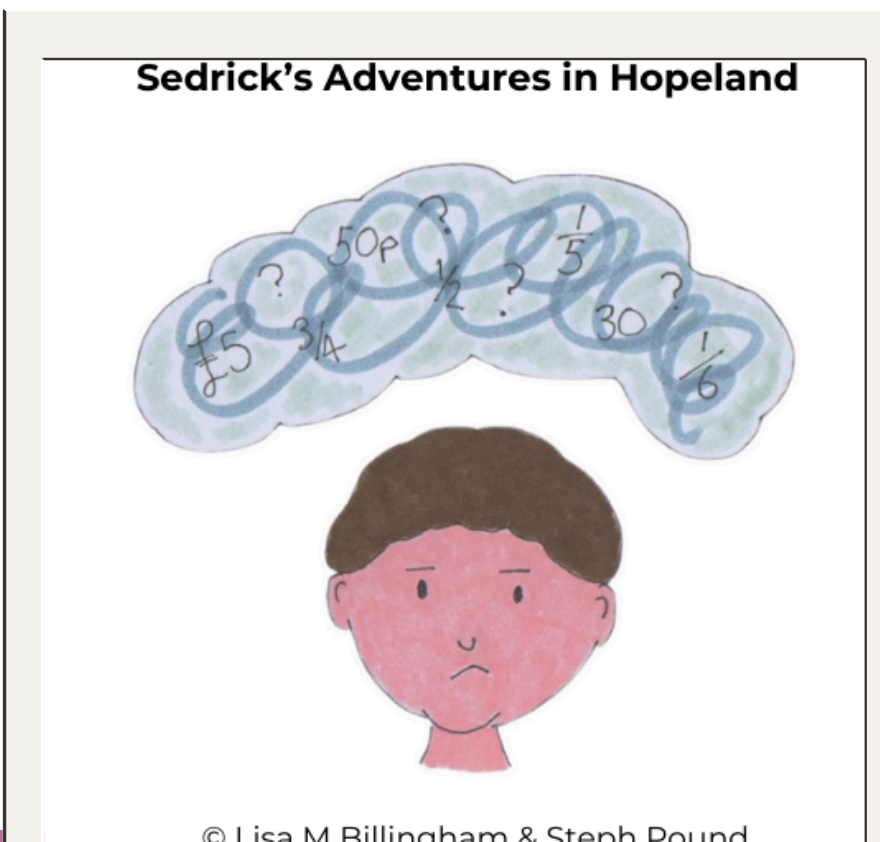
Lunch break,

Reflections,

Work on The Hook,
Continue character and location development,
Begin first chapter of a book or short story
Write a poem,

Preparation for Session 4:

Continue writing short stories or poems.



WORKSHOP OUTLINE

Session 4

Recap of previous workshop including Q&A,
Participants to share any writing or reading they have done in the previous week,
Reflections and Q&A,
Editing and completion of short stories and/or poems.

Lunch break,

Continue to edit short stories,

Preparation for session 5:

Complete writing short story or poem(s) ready to be read to an audience.



A BIT ABOUT ME

I am an author, inspirational speaker and workshop facilitator.

I discovered my passion for writing in 2020 and wrote my first novel, Katie, A New Chapter, based on my life experiences. The book ended up saving someone's life.

I have continued writing ever since, both for adults and younger audiences. My first children's book, Sedrick's Adventures in Hopeland, was published in 2024.

I live in the West Midlands and my passion is helping others with their reading, creative writing and confidence.



A BIT ABOUT ME



As an inspirational speaker, I openly share my story and speak on topics including:

- *Being your authentic self,
- *Building your confidence and,
- *Developing good mental wellbeing.

My talks are interactive so make sure you have a pen and a piece of paper.

I love to sing, walk, and read in my spare time.
For further information or to set up a call please [email me](#).

Lots of Love, Light & Gratitude
Lisa xxx

