

# HEALING THROUGH CREATIVE WRITING WORKSHOPS

Unlock Your Voice. Write Your Next Chapter.

Lisa M. Billingham helps individuals heal, grow, and reconnect with themselves through creative writing. Drawing on lived experience and professional facilitation, she creates safe spaces where stories become tools for transformation.

## Healing Through Creative Writing

This five-day immersive workshop supports individuals experiencing trauma, mental health challenges, life transitions, or a desire for creative renewal.

### The Programme Includes:

- Guided healing and grounding exercises
- Automatic writing and reflective journaling
- Emotional expression through storytelling

### Participants Leave With:

- Increased confidence and self-belief
- Improved emotional awareness
- A completed short story or poem
- A self-led video series and workbook is also available.

## Books That Inspire the Journey

Lisa's published works are often used within workshops for reflection and inspiration:

- **Katie, A New Chapter** — a life-changing debut novel
- **Tom, The Next Chapter** – The Follow up to Katie, A New Chapter
- **Charlie Gold** - A powerful story of loss, resilience, and transformation

## Speaking & Group Sessions

Lisa also delivers talks and workshops for corporates, prisons, schools, and community groups, focusing on mental wellbeing, confidence, and authenticity.

Feedback regularly describes her sessions as "cathartic" and "deeply supportive."



*Begin Your Next Chapter*

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