

THE STORIES WE TELL

personal insight workshops
with Jamie & Sarah Jauncey

APPRECIATING WHO I AM

When: 25/26 November, 9.15-4.30

Where: Birnam Arts, Perthshire

Cost: £300 (£270 for bookings by 31st October)

Book: corrie@thestorieswetell.org.uk

If you're thinking about where you're going in your life and what might be holding you back, this weekend can help you to:

- *become clearer about what matters most to you*
- *make more of your natural creativity*
- *learn to be kinder to yourself*
- *connect more deeply with the people around you*
- *discover a stronger sense of purpose*
- *live your life more fully and authentically*

We work with the stories you tell yourself about your life, and the insights they can offer when you share them with others and hear them anew. We use a combination of therapeutic and creative writing techniques – though the weekend is neither a therapy group nor a creative writing workshop, but something unique and wonderful in between!

People have found it a magical and transformative experience. There's more information on the website. We'd love you to join us.

Jamie & Sarah

www.thestorieswetell.org.uk

"I am truly grateful to have participated in something extraordinary."

"...one of the most insightful weekends I have ever had."

"You two are life-changers."

"Life is not what one lived, but what one remembers and how one remembers it in order to recount it." *Gabriel Garcia Marquez*