

# **Lifewriting Made Easy**

## **An interactive writing course**

1:00 – 4:30 p.m.

February 23 and March 2, 2019

The Reach Gallery and Museum, Abbotsford. Tel. 604.864.8048. Email: info@thereach.ca  
Advance Registration and payment is mandatory. Contact The Reach for more information.

**Instructor: Philip Sherwood, *lifewriters.ca***

### **Part One – Getting Started**

Participants will identify the many benefits and challenges of writing life stories and learn the differences between biography, autobiography, memoir, memoirs, and life stories.

### **Part Two – The Writing Process**

Participants will explore each of the four stages of the writing process (Prewriting and planning, writing the first draft, revising, and editing and proofreading) and identify successful strategies for completing each stage.

### **Part Three – Elements of Good Writing**

Participants will identify and discuss several effective creative writing techniques for lifewriting. These include:

- Sensory Detail
- Dialogue
- Context and setting
- Point of view, tone, and voice
- Summary (Tell) and Scene (Show)
- Emotional truth
- Compelling beginnings
- Strong verbs and nouns

### **Part Four – Thorny Issues**

- Participants will identify and discuss sometimes-thorny issues related to:
  - Truth-telling — the nature of truth, whose truth, how much truth
  - Trauma — misery memoirs, do no harm
  - Writing about other people still living

### **Part Five – Your Questions**

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- **A seminar outline will be provided with a list of do-it-yourself resources. Please bring a notebook and pen / pencil.**
- **Breaks: a 15-minute break at about 2:30 p.m. Coffee and tea are provided.**