



6-WEEK PRE-MEMOIR WORKSHOP - “What Story Is Worth Telling?” (Hint: YOURS!)

💡 *What story is worth telling? What experience is worth sharing? Who is worth remembering?*

Step into a sacred space where memory meets meaning for six weeks—where the stories you've silenced, second-guessed, or sidelined finally get their due. Whether you're writing for yourself or your biological or global family, this workshop will help you uncover and honor the narratives that refuse to be forgotten.

◆ **What You'll Gain:**

- ✓ Confidence in your voice—no more doubting if your story is "worthy"
- ✓ A guided process for reclaiming and reshaping your lived experiences
- ✓ A safe, supportive space to heal through storytelling
- ✓ The foundation of a memoir—because your life is more than just moments, it's a legacy.

📖 **WEEKLY BREAKDOWN:**

✨ **Week 1: Memory & Storytelling** – Learn to trust the voice you've been taught to distrust (hint: it's yours).

✨ **Week 2: Re-Storying History** – Honor the places, people, and movements that shaped you—because history is personal.

✨ **Week 3: Permission to Heal** – Break free from the cycle of disappointment and use storytelling as a tool for transformation.

✨ **Week 4: Documenting Trauma & Leisure** – Life is both sorrow and joy. Here, we write the truth about both.

✨ **Week 5: The Story That Keeps Coming Up** – Clarify what you need to tell, who you need to remember, and why it matters.

✨ **Week 6: Group Share** – Because stories aren't just meant to be written—they're meant to be witnessed.

💰 **INVESTMENT IN YOUR LEGACY:**

Your story has been waiting. The question is—are you ready to write it?

📌 *Reserve your spot today!*

DATES: Co-hort 1 - Tuesdays (April 22-May 27)

Co-hort 2 - Thursdays (April 24-May 29)

COST: \$675 (course, plus 2-hour consultation with instructor)

Registration link - [https://www.paypal.com/ncp/payment/](https://www.paypal.com/ncp/payment/58BYTQN92FL8Y)

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