



Journey through Words

Creative Writing Workshop

Week 1



Land
Acknowledgment

Session Overview



Roundtable Introductions



Group Norms & Housekeeping



Group Charter



Introduce weekly theme & writing prompt



Writing & Discussion



Wrap-up & Introduce theme for next week



Who's in the room?



Your name



What drew you to this program?



Fun Fact about yourself
(yes you have one!)





Shhh...

Confidentiality

Everything written & shared with the
group is confidential



TAKE

CARE OF

YOURSELF

Check-in with yourself
&
seek support if needed



Please remain muted unless speaking



Keep camera on if you are able



Find a private space or use headphones



If you need to leave early, please let us know



ZOOM ETIQUETTE





Group Charter



WHAT IS SUSTAINING YOU?



WRITING PROMPT



Imagine yourself as a plant that you connect with, real or imagined (ex. flower, fruit, vegetable, tree). Imagine you are transplanted to a new area and hope to grow.

- What are the components that you would need to survive and thrive in this unknown environment?
- What would be present in a gardener's toolkit or environment that sustains you, brings you comfort, protects you, and prepares you for the future?
- How does your image of this plant and the process of transition parallel your sense of self and what sustains you in your journey?

A close-up photograph of a hand holding a fountain pen, writing in a notebook. The notebook is open, and the page shows some handwritten text in cursive. The background is slightly blurred, showing more of the notebook and the hand.

Creative Writing Tool → Prose

Prose involves regular grammar and punctuation rules, sentences and paragraphs, and often does not contain a deliberate rhyme scheme. Prose can be simple and straightforward with a focus on the meaning behind the words, can use colorful and elaborate language and structure, or a combination of both.

Prose can use either first or third-person language (i.e., “I was transplanted . . .” or “The plant was transplanted . . .”.)

You are welcome to choose any other writing style you are comfortable with.

WRITING PROMPT



Imagine yourself as a plant that you connect with, real or imagined (ex. flower, fruit, vegetable, tree). Imagine you are transplanted to a new area and hope to grow.

- What are the components that you would need to survive and thrive in this unknown environment?
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- How does your image of this plant and the process of transition parallel your sense of self and what sustains you in your journey?



GROUP DISCUSSION





NEXT WEEK...
THE JOURNEY THUS FAR





Journey through Words

Creative Writing Workshop

Week 2



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THE JOURNEY THUS FAR



WRITING PROMPT



You receive some difficult news. As you are leaving to go home, on your way out, you walk through a long hallway with artwork hung up on the walls to your left and right.

- What artwork do you see and what does it suggest about your journey thus far?
- Does the hallway have turns or is it straight?
- What else do you see or encounter in the hallway?
- What can you expect when you reach the end of the hallway and arrive at home?
- Who were you before arriving and who do you continue to be when you leave this hallway?

A close-up photograph of a hand holding a fountain pen, writing in a notebook. The notebook is open, and the pen is in the process of writing on a page. The background is slightly blurred, showing a wooden desk and some papers.

Creative Writing Tool → Short Story

You may try writing this by describing this situation as if you are the one walking through the hallway. The first-person narrative can be used to share opinions/thoughts/feelings in a personal manner, and create a relationship with the reader/listener.

Some tips: Try to introduce this narration type at the beginning (i.e., Moby Dick begins with “Call me Ishmael”). Additionally, you do not need to always say, “I think” or “I feel”. By expressing your thoughts/feelings/sensations, these interpretations can say a lot (i.e. my heart filled with a radiating warmth as I gazed across the meadow”).

You are welcome to choose any other writing style you are comfortable with.

WRITING PROMPT



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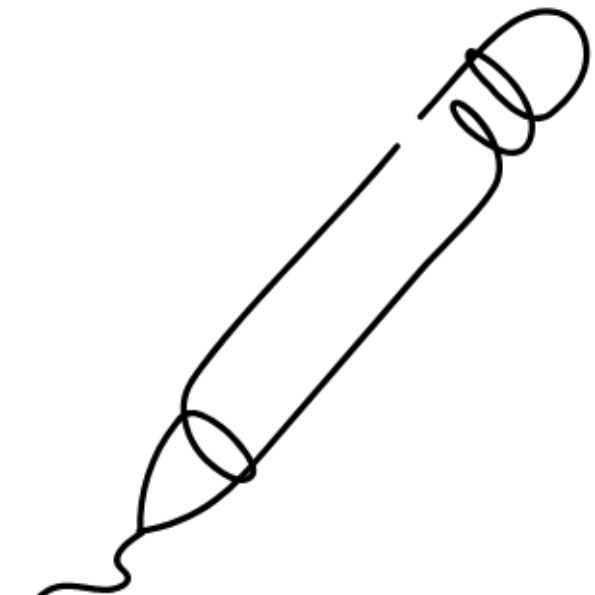
GROUP DISCUSSION





NEXT WEEK...
VALUES, HOPES & DREAMS





Journey through Words

Creative Writing Workshop

Week 3



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VALUES, HOPES & DREAMS



A narrow, dimly lit stone tunnel with a cobblestone path leading to a bright opening at the end. The walls are made of rough-hewn stone, and the path is composed of smooth, rounded stones. Light streams in from the opening at the end of the tunnel, creating a strong contrast with the dark interior.

WRITING PROMPT

You are standing in a dark room/space, unsure of the way out, when you hear a sound. This sound is familiar to you - comforting or hopeful. When you concentrate on it, you recognize it and it guides you out of the room/space. Describe what you hear. Describe the source of the sound.

- How does this sound assist you and guide you out of the dark space you were in?
- What do you hope the sound implies is out there?
- What has the sound been guiding you towards?

A close-up photograph of a person's hand holding a fountain pen, writing in a notebook. The notebook is open, and the pen is in the process of writing on a page. The background is slightly blurred, showing more of the notebook and the person's hand.

Creative Writing Tool → Poetry

You can imagine how your five senses would respond in this situation (what you see, hear, feel, smell, taste), try using rhyme, metaphors, or similes (“She is the sun” vs. “She is like the sun”). Alternatively, pay attention to the rhythm or sound of the words (i.e., stressed and unstressed syllables like “my CAT is BIG” or “MOTHer” where capitalization indicates stressed syllables).

You are welcome to choose any other writing style you are comfortable with.

A narrow, cobblestone path leads through a dark, tunnel-like space towards a bright light at the end. The walls are made of rough, textured stone, and the path is composed of smooth, rounded stones. Sunlight streams in from the opening at the end of the tunnel, creating a strong contrast between the dark interior and the bright exterior.

WRITING PROMPT

You are standing in a dark room/space, unsure of the way out, when you hear a sound. This sound is familiar to you - comforting or hopeful. When you concentrate on it, you recognize it and it guides you out of the room/space. Describe what you hear. Describe the source of the sound.

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GROUP DISCUSSION





NEXT WEEK...
RECIPROCAL RELATIONSHIPS





Journey through Words

Creative Writing Workshop

Week 4



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RECIPROCAL RELATIONSHIPS



WRITING PROMPT



Think about your life as if it is a club, or association, and all the people in your life have a membership, ranging from 'pay-as-you-go' to 'annual' or even 'lifetime'. As you think of the members in your club, who comes to mind today as having been significant in terms of having influenced or inspired you, or supported you through hard times?

Imagine upgrading their membership from gold to platinum - a lifetime membership with access to the VIP lounge.

- What might this person then write in their thank-you speech as they accept this upgraded membership?

A close-up photograph of a hand holding a fountain pen, writing in a notebook. The pen is silver and the ink is dark. The notebook has lined pages and some handwritten text is visible. The background is slightly blurred, showing what appears to be a desk or table.

Creative Writing Tool → Speech

Imagining yourself as the person receiving the upgraded lifetime membership, you may try writing a thank-you letter or acceptance speech.

Tips:

- Be specific about who you are thanking
- Be clear about what you are thanking them for
- Explain what it means to you to receive this platinum VIP-access
- Include what you admire and value about the person who has given you this gift/upgraded membership

You are welcome to choose any other writing style you are comfortable with.

WRITING PROMPT



Think about your life as if it is a club, or association, and all the people in your life have a membership, ranging from 'pay-as-you-go' to 'annual' or even 'lifetime'. As you think of the members in your club, who comes to mind today as having been significant in terms of having influenced or inspired you, or supported you through hard times?

Imagine upgrading their membership from gold to platinum - a lifetime membership with access to the VIP lounge.

- What might this person then write in their thank-you speech as they accept this upgraded membership?



GROUP DISCUSSION





NEXT WEEK...
EXTENDING CONNECTIONS





Journey through Words

Creative Writing Workshop

Week 5



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EXTENDING CONNECTIONS





WRITING PROMPT

Imagine a map where you are able to mark all of the different places where you have interacted with your community, other people, and the world around you. Whether this is a map of a local neighborhood or beyond that, we have all made an impact on the world around us. An ordinary impact may start at one place or person, but often spreads to positively impact other places and people. There can be ripple effects to all kinds of people we have never met.

- What are some of the places, people or encounters on your map and how do you think your impact might have spread to and affected others?
- Which impacts are you most proud of and which do you want to be most remembered for?
- Which impact surprised you in how it spread and affected others?

A close-up photograph of a person's hand holding a fountain pen, writing in a notebook. The notebook is open, and the page has some handwritten notes and a small sketch. The background is slightly blurred, showing what appears to be a desk or table.

Creative Writing Tool → 3rd Person

Write as if an outsider was describing the places, people and encounters on your map and the impacts you have made.

Example: “Here, on the west side of town is our community center, located just near a beautiful stream. Jamil plays a big role here on Mondays as the longstanding leader of our weekly coffee and cookie hour. He’s the glue that keeps many of us coming back week after week, with his warm smile and great sense of humour. He really makes you feel heard!”

You are welcome to choose any other writing style you are comfortable with.



WRITING PROMPT

Imagine a map where you are able to mark all of the different places where you have interacted with your community, other people, and the world around you. Whether this is a map of a local neighborhood or beyond that, we have all made an impact on the world around us. An ordinary impact may start at one place or person, but often spreads to positively impact other places and people. There can be ripple effects to all kinds of people we have never met.

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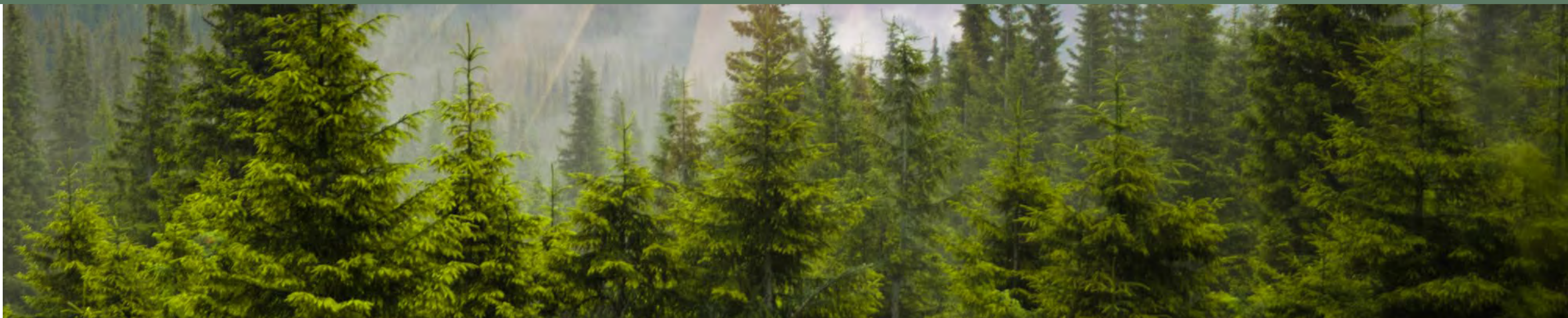


GROUP DISCUSSION





NEXT WEEK...
CELEBRATING CONNECTEDNESS &
RESILIENCE





Journey through Words

Creative Writing Workshop

Week 6



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CELEBRATING CONNECTEDNESS & RESILIENCE





WRITING PROMPT

Imagine that you are on a walk and meet your past self who is sitting on a bench, overlooking a beautiful view.

- What wisdom would you share with your past self that could help them navigate their journey with grace and meaning?
- What can you share that would encourage and sustain them through the ups and downs, including possible disappointment and pain?
- What would you share about what sustains you, your identity, your values and hopes, relationships, and your impact on the world?

A close-up photograph of a person's hand holding a fountain pen, writing in a notebook. The notebook is open, and the pen is in the process of writing on a page. The background is slightly blurred, showing more of the notebook and the person's hand.

Creative Writing Tool → Writer's Choice

Prose: writing that often contains regular grammar and punctuation rules, sentences and paragraphs, and often does not contain a deliberate rhyme scheme (i.e. Letter, Dear self,).

Short Story (1st Person): describe the situation as if you are the one experiencing it (i.e. what are you seeing, hearing, feeling, thinking). Example: "I opened the door and saw her."

Poetry: writing that may use stanzas (groups of lines/phrases), rhyme, rhythm (patterns of stressed and unstressed syllables), and imagery (metaphors, similes, describing what the five senses are experiencing). Example: "Hope is the thing with feathers/that perches in the soul."

Dialogue: describe what two or more people are saying to one another (you may want to include the speakers' actions, facial expressions or tone). Example: "I love pineapple on pizza," she said, with a defiant smile.

Narrative (3rd person): describe the situation as if you are watching it as an outsider (you may or may not want to describe the character's emotions/thoughts). Example: "He saw the boat and it reminded him of his past."



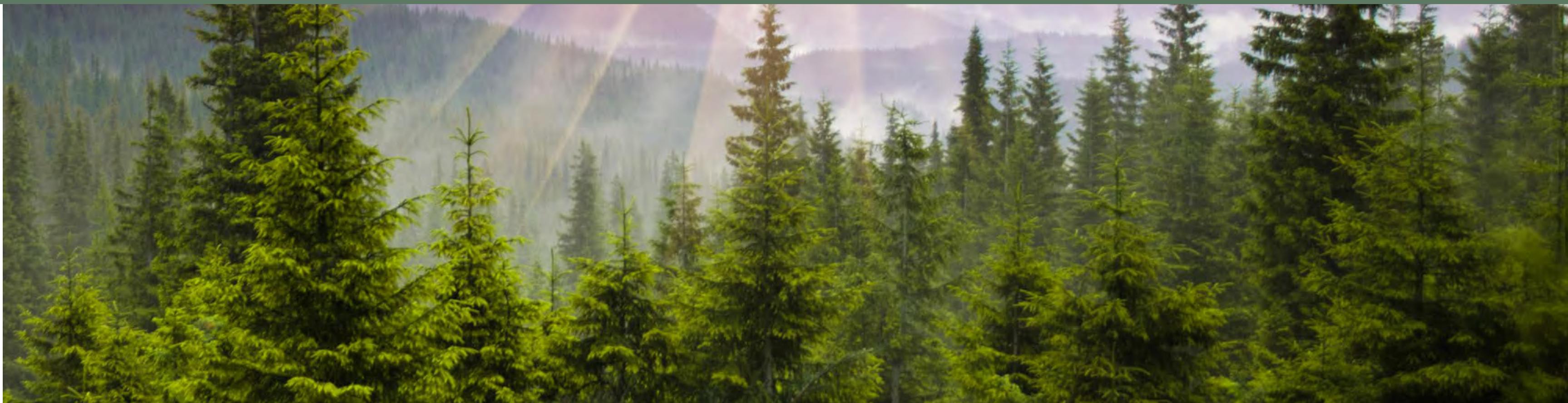
WRITING PROMPT

Imagine that you are on a walk and meet your past self who is sitting on a bench, overlooking a beautiful view.

- What wisdom would you share with your past self that could help them navigate their journey with grace and meaning?
- What can you share that would encourage and sustain them through the ups and downs, including possible disappointment and pain?
- What would you share about what sustains you, your identity, your values and hopes, relationships, and your impact on the world?



GROUP DISCUSSION





THANK YOU

