



Sample Agenda

With a butterfly being symbolic of new life, each workshop session represents one of four life cycle stages; all consisting of:

- ◆ Active Listening
- ◆ Group Sharing
- ◆ Learning a Journaling Technique
- ◆ Trying it out

Each session covers journaling concepts, providing techniques and experiences designed to encourage self-expression. For Example:

#	Stage	Topic
1	Egg	<ul style="list-style-type: none"> • Learning journaling basics, including its history, benefits, and types. • Identifying what you need to get started, including privacy, atmosphere, and supplies • Writing your story: joy journals, problem-solving journals, letters, poetry
2	Pupa	<ul style="list-style-type: none"> • Illustrating your story: water colors, collages, photographs
3	Chrysalis	<ul style="list-style-type: none"> • Learning storytelling basics • Creating story starters • Telling a story and creating a legacy with oral histories
4	Butterfly	<ul style="list-style-type: none"> • Creating a multimedia memory book with scrapbooking • Reflecting on and acknowledging where you've been • Letting go of the past with a balloon launch • Moving forward in a positive direction



About Us

Our Higher Purpose

Our higher purpose is to use our vocation as a writer and our love of community to improve quality of life one small town at a time.

Our Vision

Our vision is to engage, connect, and guide individuals, businesses, and organizations in discovering their many "hidden treasures" so they may shine them forth for all to see!

Our Mission

The mission is to facilitate creative journaling workshops designed to encourage self-expression using a combination of written, visual, and oral mediums. Whether your journal is personal or professional in nature, we offer the tools and resources you need to not only acknowledge who you are, but to share your dreams, challenges, and achievements with others as a source of inspiration and a testament of your true potential.

Our Philosophy

All services are performed **"The Little Way"**. A fresh alternative to "status quo", it's a leadership philosophy that puts the needs of our clients ahead of our own. Creating "The New Normal", it asks us to follow the lead and needs of our clients as well as acknowledge, recognize, and promote their efforts too! The end result? Increased recognition and praise, higher retention rates, higher customer loyalty and satisfaction, and an overall increase in productivity!

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**Journaling workshops
to promote
self-expression**



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What is Journaling?

Journaling is the recording of experiences. While often associated with its written form, journaling may also be expressed in a variety of mediums, such as a notebook, an audio recording, a scrapbook, a choreographed dance, a music composition, or a water color painting. With a clear purpose, a journal records our intense thoughts, emotions, and reactions to life. Taking the traditional diary to the next level, journaling offers new and creative ways of self-expression and personal growth. It provides us with much-needed focus and helps us to visualize our dreams, explore resolutions to our challenges, and express gratitude for our achievements. Regardless of the medium, journaling is an effective form of communication.



Why journaling?

- ◆ Do you feel all jumbled up inside, unsure of what you need or feel?
- ◆ Do you want to learn how to solve problems more effectively?
- ◆ Do you really want to know yourself better for your emotional well-being?
- ◆ Are you about to make a significant change to your life and want to explore the possibilities before acting on it?
- ◆ Do you want to write your history to pass on to loved ones?
- ◆ Are you caring for a loved one who is aged or infirmed and in need of a safe way to express intense thoughts and feelings?

If you answered yes to one or more of these questions, then journaling may be for you.



What are the Benefits of Journaling?

Research provides strong evidence supporting the therapeutic effects of journaling in improving overall physical, emotional, and spiritual health by:

- ◆ Improving cognitive functioning
- ◆ Reducing heart and breathing rates as well as blood pressure – all indicative of relaxation
- ◆ Reducing the emotional impact of stressful situations and helping individuals come to terms with them
- ◆ Strengthening immune cells (T-lymphocytes), preventing a host of illnesses and reducing the rate of minor illness (such as colds and flu) and absenteeism
- ◆ Reducing symptoms of chronic illnesses such as asthma and arthritis and improving overall physical health



Who Can Benefit from Journaling?

Journaling is a powerful, healthy addition to everyone's daily regimen. Readily accessible to all ages, journaling requires no special talent, skill, or experience. All you need is a journal and the desire to examine your innermost thoughts and experiences with joy, despair, accomplishments, and suffering. Preoccupation with the creative value of one's journal is not necessary. In fact, perfection is an obstacle to self-expression. Rather, trust your intuition. Remember... you're not journaling for a grade. What's more, your decision to share (or not share) your journal with others is a personal one and has no bearing on the process. The most vital aspect of journaling's healing effects is found in self-expression.



Workshops

White Light Communications offers comprehensive journaling workshops. Customized to meet the needs of groups as well as individuals, all workshops use journaling as a tool for healing, self-expression, and growth.

Afterwards, your journal becomes your ultimate personal reference. When life's challenges seem insurmountable, you'll be able to look back on previous journal entries; see how you resolved past challenges; and actually feel progress over time.

Most of all, your journal is a life-long testament of your growth, your personal resolve to face challenges head on, and a source of inspiration; not only to yourself, but to others, too!



Disclaimer

While journaling empowers the individual to heal and grow, it is not a panacea. In most cases, it's not meant to replace social interaction with other individuals who can lend encouragement and support during challenging times. As such, do not use journaling as a substitute for friends. Rather, view writing as a preventive maintenance option – an inexpensive, simple, and sometimes painful way to maintain your health. If friends are unavailable, seek out the services of a health care professional as they will listen to your problems and help you keep your sense of reality intact.