

# Expressive Writing

## Expressive Writing: Self Discovery from the Inside Out

Instructor: KathyAnne Whittemore

Wouldn't you love to connect more with your inner self so you can apply its wisdom? Attend this one-day workshop where we'll explore the process of expressive writing to slow down, tune in, and reflect. Using techniques, exercises, and meditations, we'll create a mini-space away from the high-tech, fast-paced outer world, gain tools to de-stress, and identify sources for greater balance and harmony. No need to feel you're a "Writer" or "Artist" – just come prepared to be open, have fun, and deepen connection with your creativity and self-knowledge. KathyAnne has academic and professional experience with business, holistic awareness, and the expressive arts. She is principal of 3C Group – coaching creative change and growth.

Class Code	Location	Dates	Time	Fee
4-410KW	NWAC-303	Sat 9/19	10:00 a.m.-1:00 p.m.	\$45