**Journaling**  
(Workshop)  
Course Outline

**Description:**
When you discover the art of journaling, it will ‘unlock’ layers of inner life and hidden talents. Writing is a self-help tool that encourages a journey of ‘enquiry’ into ‘what lies beneath the surface’. If you dare to sit with it, new insights will ‘unfold’ layer upon layer. Journaling can reveal old and new habits, which may surface in our relationships. It can also be a useful tool to reduce stress which clarifies thoughts enabling you to become ‘unstuck’ and solve problems more effectively.

This is a wonderful approach to access your inner life and deepest expressions, often not yet spoken or discovered until they can come alive on the page. (Bring lunch).