

## SAMPLE WORKSHOPS

### PERSONAL CHANGE & GROWTH

**Life in the Empty Nest:** Rediscovering yourself when your children go off to college

**Mid-Life Options:** Life isn't quite what you thought it would be – so what do you do? In this workshop we will explore the questions and options that often occur during mid-life.

**Journey:** Exploring the process of “coming out” and the resulting life adjustments.

### COMMUNITY BUILDING

**If 50 is 40 Then What Am I:** Retirement and aging doesn't necessarily look (or feel) the way it did years ago. In this workshop series we examine the culture of aging and our personal response to our own situations.

**Stigma and its Brothers:** The devaluation of people labeled “different” intensely affects individuals and communities. In this discussion group we examine stigma, prejudice and what it means to be “marginal.”

### WOMEN'S WORKSHOPS

*Please note that all Livingwell programs can be offered for women-only groups.*

**To Survive and Thrive:** Examining resiliency for female survivors of trauma

**The Theory of Self Alliance™ :** When it feels like life has been one hurdle after another and nothing is as it should be or could be, you need self alliance. This program (12 week minimum) will help you sort things out, bringing you through transition to a place of self understanding and renewal.

## WORKSHOPS CONTINUED

### ON OUR WAY TO WELLNESS

**Self Care & Stress Relief:** Take time to listen to yourself. Have fun and learn skills to reduce stress, gain insight and build resiliency.

**Breathing Write:** Quitting is hard. Explore the emotional issues that will help you to maintain a smoke-free life.

**Catalyst, Finding the Voice of Your Healthy Self:** We know what we're *suppose* to do to live a life that promotes healthy habits but somehow our heart isn't in it. In the Catalyst workshop, we will address the issues that stand in the way of increased energy, restful sleep and enhanced mood.

### DAY RETREAT FOR WOMEN

**Feeding Your Spirit:** a six-hour at home get away for you and up to five of your friends. Through out the course of the day you will participate in activities designed to take you away from thinking, planning and strategizing about everything except the things that make you smile. You will play, listen to music and create – activities that evoke the relaxation response, feed your spirit and help you to be in touch with you.

*Please visit our website for more workshop descriptions.*

## FREE COMMUNITY PROGRAMS

Workshops are often available at no cost to you through community programming opportunities. Visit our website for details.

If your not-for-profit or community organization would like to discuss the possibility of hosting a Livingwell free community program please contact us at:

(443) 574- 5907  
info@livingwellworkshop.com

WORKSHOPS

# Livingwell Transformative Arts



the creative way to stress relief, dialogue & change

- Women's Workshops
- Personal Change & Growth
- Stress Relief
- Community Building
- Creativity Cultivation
- Retreat Programs

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Groups ♪ Couples ♪ Individuals ♪ Retreat Programs

# REFLECT, REFUEL, RESTART

Throughout life we encounter times of personal stress e.g., job loss, failed relationships, illness, or struggles with life direction. Even positive changes - marriage, parenthood, retirement - can cause tension.

Communities also have issues that require dialogue and action. Our place of employment, faith community, or civic organization may be eager to explore topics that are complex or hard to talk about.

The Livingwell Transformative Arts workshops are a unique and enjoyable way to address these concerns, gain insight and learn coping skills.



*The workshops provide an opportunity to acknowledge and voice experiences in ways that allow growth and transformation.*

## INTERACTIVE

Through creative activities - writing, art, music - as well as sharing with others, you will discover inner strength, process feelings and move towards transformation.

During a Livingwell Transformative Arts workshop we use literature, story, symbol and creative processes as the catalyst to promote individual and community growth and celebration. Programs are designed using Transformative Language Arts (TLA), an academic field focused on social and personal transformation through the power of the written, spoken or sung word.

## ALL AGES & VENUES

TLA educators work with people of all ages and in many venues, including community centers, prisons, businesses, health centers and hospitals, retreat centers, faith communities and schools.



## WORKSHOP TOPICS

Issues that can be explored in Livingwell Transformative Arts programs include:

- support during difficult times
- discovery of the everyday sacred
- addressing societal stigma
- love and romance
- relaxation and stress relief
- race and ethnicity
- smoking cessation
- cultivation of creativity
- personal discovery
- community building
- exploration of dreams and ambitions
- gender or sexual orientation
- feeling "stuck"
- values clarification
- addressing injustice
- family relationships

## LIVINGWELL TRANSFORMATIVE ARTS

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