

Writing my Story: The Personal and Professional

May be run as a two or three day workshop

Earn 7 CPD Points from each day of workshop*



OBJECTIVES

- Stimulate creative ideas through writing
- Develop insights about the choices you have made
- Create inspiring personal and professional plans for your future
- Reflect on what you can learn through your written words
- Develop a relationship with your own wise counsellor through your writing
- See and appreciate your relationships with yourself, family, friends and colleagues through your writing

"I never know what I think about something until I read what I've written on it."

-- William Faulkner

We will create a relaxing atmosphere to facilitate space for reflection on your personal and professional journey through a writing process.

Using a mixture of Intensive Journal Process as developed by Ira Progoff 1975 and action methods, you will journey, exploring significant points in your life and the shape your life has taken through the decisions you have made. You will develop new insights about yourself, your body, your relationships, your work, your professional identity and the society you live in.

Through writing you can reverse roles and dialogue with significant others, with your body and with society. As you write through the eyes and experiences of others you will gain a deeper appreciation of the actions you take in life.

The process learnt during this workshop can be used beyond the 2 days as you apply the different elements of the writing to your ongoing personal and professional journey.

You are invited to bring along favourite writing tools and a journal (materials will also be provided).

The number of participants will be limited to 8 to foster a safe & supportive environment.

Facilitator: **Dr. Wendy McIntosh PhD** (RGN, Grad Dip MH, MN, Group Leadership Cert, Cert IV Workplace Assessment & Training)

Twelve of Wendy's 25 years as a mental health nurse (clinical, research & education) have been spent working with adults who experienced childhood trauma. Wendy facilitates workshops on a broad range of topics related to mental illness and mental wellbeing through her business Davaar Consultancy.

Wendy is an inventive and engaging presenter and facilitator. Her interactive session on 'Role Theory' and BPD at the 2011 ANZMH conference on the Gold Coast was well attended and she continues to correspond with participants who attended that workshop.

Wendy's writing includes two published articles on professional boundaries and one on nursing & psychodrama. In addition to workshop facilitation, Wendy offers individual and group supervision.



Davaar Consultancy Training and Development Pty. Ltd

Professional Boundaries: Your Safety, Our Business

Writing My Story: The Personal and Professional

About this workshop

A comfortable and relaxing space is offered to enable reflection on your personal and professional journey through the process of writing. Through writing you will reverse roles and dialogue with significant others, with your body and with society. As you write through the eyes and experiences of others you will gain a deeper understanding and appreciation of the actions you take in life.

You will carry the process practiced during this workshop beyond the two days, employing the different elements of the writing as a practice to make sense of your ongoing personal and professional experiences.

You are invited to bring with you your favourite writing tools and a journal (materials will also be provided).

A comfortable and relaxing space is offered to enable reflection on your personal and professional journey through the process of writing. Through writing you will reverse roles and dialogue with significant others, with your body and with society. As you write through the eyes and experiences of others you will gain a deeper understanding and appreciation of the actions you take in life.

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Comments from Davaar workshop participants:

- ✦ *"very enjoyable – a serious topic tackled with humour and professionalism in equal measure"*
- ✦ *"useful, thought provoking and stimulating"*
- ✦ *"inspires me to be more curious and to investigate"*
- ✦ *"I thoroughly enjoyed the workshop and gained many insights"*
- ✦ *"this workshop left me with a feeling that I have gained new learnings and exposure to different methods"*
- ✦ *"I really enjoyed being challenged personally and professionally"*

Visit Davaar.com.au for more information on this and other workshops

Facilitator: **Dr Wendy H McIntosh PhD** (RGN, Grad. Dip. MH., MN, Group Leadership Cert, Cert IV Workplace Assessment & Training). Wendy conducts training on a number of themes including boundaries, mental illness in the workplace, working with clients who have experienced childhood trauma. Wendy has presented workshops on a number of themes at state, local and international conferences. She has a number of publications and writes a monthly blog. With an extensive history of working in mental health (clinical, research & education), Wendy conducts regular individual and group supervision and is past President of the Australian, Aotearoa New Zealand Pschodrama Association. Qld Region.