

Workshops with Heart and Hope

SONG WRITING & CREATIVE WRITING WORKSHOPS VOCATIONAL REFLECTION WORKSHOPS

WRITING MINDFULLY: EXPLORING THE SACRED ORDINARY

Songwriters, poetry, and prose writers of all experience levels are welcome to explore writing in this workshop. It focuses on the power, value, and healing in telling our stories from our authentic voices and everyday experiences. Carrie Has presented this workshop in spiritual and secular settings throughout the United States. This class is presented in a safe, and nurturing context.

BEFORE AND AFTER: OUR TRANSFORMATIVE STORIES

This workshop explores how our personal stories of hope, struggle, and transformation connect us to the larger cultural story. Students will utilize writing exercises, deep listening, and discussion to identify the important stories of our lives and times, and how we as individuals can participate in new stories of hope and possibility.

WRITING MINDFULLY: SONG WRITING

This workshop is similar to the Writing Mindfully workshop, but is limited to songwriters, focusing on authentic voice and effective song craft in the American folk and pop traditions. Carrie can work with students in a group setting or in individual sessions focusing on songwriting, performance, craft, and philosophy. Carrie will often co-write one-on-one with advanced students or create songs in group settings so that students can experience the songwriting process in a fun and encouraging context.

THAT'S MY JOB: FINDING VOCATION, AUTHENTIC WORK AND CREATING A BETTER WORLD

This workshop is based on the idea that our lives are more than our work, and our work is more than our jobs. It is designed to help students explore what they love, and how this can infuse their work and lives, as well as lead to powerful community and global service. Those looking to pursue work with purpose and heart are encouraged to participate in this workshop, which may utilize writing, Quaker clearness method, discussion, and other tools.