SELF DEVELOPMENT
An Introduction to Writing for Wellbeing
Sarah Salway MA Certified Instructor for Journal to the Self ©

Workshop Day 10 November
Saturday 10am – 4pm
Course code: 18TON359 Course fee: £60

Limited places are available due to a smaller class size.
We also offer a 6 week course: More Writing for Wellbeing. Details are available separately.

This workshop day is based on the acclaimed Journal to the Self © created by Kathleen Adams, one of the world leaders in expressive writing. Previous students have used Writing for Wellbeing for situations as varied as gaining confidence in workplace writing, exploring personal challenges, or reigniting creativity.

The workshop is designed to support personal growth, creativity and life management skills through exploring several different journal writing techniques, to help gain insights and to keep your pen moving. Journal writing is not the same as writing a diary - previous students have used the techniques for situations as varied as gaining fluency and confidence in workplace writing, exploring personal challenges, starting an autobiography, reigniting a creative spark, or just helping to manage their lives.

Techniques will include: character studies, letters, expressive writing, lists, visualisations, stepping stones and springboards. Each one will come with a full explanation, examples and a tutor-led exercise in class.

It is suitable for all standards of writing. Participants will not have to read their work aloud in the group unless they would like to.

Suggested reading
Journal to the Self ©, Twenty Two Paths to Personal Growth, Kathleen Adams

Comments from previous participants
“I have really enjoyed this, and I would really love to continue and do more. It has been exceptionally good for me personally.”

“Exceeded expectations. Packed in so much without feeling hurried or harried! Valuable sharing in the group. Profound, allowed for new insights.”

“I have come away feeling better in general (well-being) and well-disposed to writing as a mechanism for achieving this – so I’d say it works: does what it says on the tin.”

Suggested reading
Journal to the Self ©, Twenty Two Paths to Personal Growth, Kathleen Adams
About the tutor
Sarah Salway is an award-winning short story writer, novelist and poet. Her stories have been widely published, commissioned by BBC Radio Four, and made into short films. She was the Canterbury Laureate in 2012. Sarah was the Royal Literary Fellow (RLF) at the London School of Economics for three years, is currently a RLF at the University of Kent and is an experienced creative writing tutor. Find out more about Sarah on her website www.sarahsalway.co.uk
How to book a place
These courses are usually very popular so you are advised to apply as soon as possible. Places cannot be held without payment of the course fee.

- **Online Booking is preferred.** Please visit www.kent.ac.uk/tonbridge
- **By post** to us at the address below, using the application form in the programme booklet. Please note that you will not receive an acknowledgment of your paper application; your payment will usually be processed when the course becomes financially viable, otherwise we will notify you of cancellation approximately seven days prior to the course. A paper application affirms acceptance of our terms & conditions.

**Course cancellation**
As these short courses are self-financing, each course can only proceed if there are sufficient enrolments. Therefore, if a course is cancelled due to insufficient enrolments we aim to notify applicants approximately one week before the course start date; if there is no suitable alternative course, we will refund the appropriate course fee in full. The University of Kent reserves the right to cancel a course for this or any other reason in which case the relevant course fee will be refunded in full. We advise that you do not buy books or other course materials until that particular course is confirmed as taking place: please contact us if you are unsure.

If you find it necessary to cancel your place on a course, please let us know as soon as possible. Refund requests, including the reason, should be made by email or in writing to us at the address below. We reserve the right to retain all or part of the course fee if you request a refund after 14 days of your online booking being made or paper application being received. Discretionary, partial refunds may be made, after the deduction of an administrative handling fee as follows:

- a course fee of up to and including £42 will incur an administrative handling fee of £10.00
- a course fee of £43 and over will incur an administrative handling fee of £12.50.

**The University reserves the right to:**

a) exclude any student if the student’s presence is making it difficult for the class to function properly

b) cancel or amend the length of any course if the circumstances so warrant.

Neither the University of Kent, nor its staff, can be held responsible for any damage, loss or injury, however sustained, suffered by participants attending courses. Insurance is the student’s responsibility.

**University Centre Tonbridge**
For details of our other courses, news, events and location visit www.kent.ac.uk/tonbridge.

- **Parking.** There is plenty of public pay and display car parking locally, but please note that only selected car parks permit parking in excess of four hours; detailed information is available from www.tmbc.gov.uk. No parking is available here on site.
- **Refreshments are not provided:** food and drink can be purchased from any of the nearby café outlets - we are closely situated to the High Street and town centre. A hot drink vending machine is usually available on the ground floor of this building.

**Mailing List and data protection**
Those attending our courses are automatically added to our database and kept informed about new courses. This information is not released to outside organisations. Please write to us if you do not wish your details to be kept on our database.

*Please contact us if you have any queries or would like to register your email address to receive our course information updates. We look forward to welcoming you here soon.*

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