



# Using Life Stories to Chart Your Path

Writing your way towards clarity, “what’s next?” & legacy

*Your life is rich with stories, ready to inform your next step. Let’s walk the storytelling path together.*

## On the brink of something new?

The empty nest, a big career change, retirement: these life transitions prime us to take stock and make meaning of our journey thus far. Writing is an excellent way to sort out life experience, crystallize legacy and gain the clarity and confidence needed get us to where we want to go next.

## What is Guided Autobiography (GAB)?

GAB is a small-group, structured writing process developed by human development pioneer Dr. James Birren. Led by a certified facilitator, participants explore life themes such as family, work, turning points, and money. Through weekly reflection and short writing assignments, your personal story begins to unfold.

You don’t have to be a polished writer (or even plan to write a memoir) —just be someone willing to show up and explore.

## How It Works

- 6-week course held virtually over Zoom
- 2 hours per session
  - First hour: Instruction + discussion
  - Second hour: Participants share two-page essays
- Share only what you feel comfortable sharing
- Confidential, supportive, no critique environment

## Tuition: \$199

Includes all course materials.

## Course Dates: Sept 11 – Oct 16, 2025

Thursday afternoons, 1 PM – 3 PM Eastern

## Ready to begin your storytelling journey?

Email Jennifer to join the interest list or ask questions:

 [jmiller@people-equation.com](mailto:jmiller@people-equation.com)



## Meet Your Narrative Guide

Jennifer V. Miller

*Certified by the Birren Center  
for Autobiographical Studies*

Jennifer is a seasoned facilitator with decades of experience guiding people through reflection and growth. As a story coach and longtime writer and editor she brings clarity, structure, and a deep respect for lived experience.

She likes to think of herself as a *storytelling llama*—steady, curious, and quietly carrying the weight of people’s stories as they journey through the terrain of their lives.

*Offered by:*

People Equation, LLC  
[people-equation.com](http://people-equation.com)

