



Using Life Stories to Chart Your Path

Write your way to clarity, insight, and meaning. Leave a legacy.

An introductory course in Guided Autobiography

On the brink of something new? Looking to reflect on your life?

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, explore and support others.

Course structure

- 6-week course held virtually over Zoom
- 2 hours per session
 - First hour: Instruction + discussion
 - Second hour: Participants share two-page essays
- You have full editorial control; select the stories you're ready to share
- Confidential, supportive, no critique environment

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



Meet Your Narrative Guide

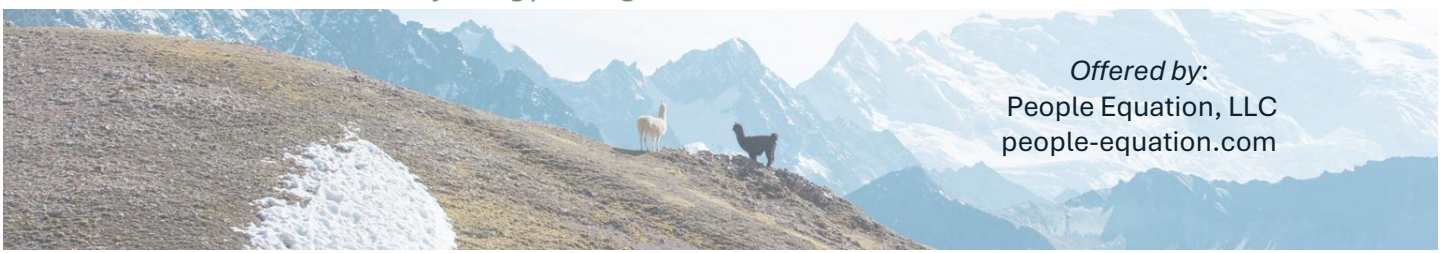
Jennifer V. Miller

*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.

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Introductory Course in Guided Autobiography

Course Details

Tuition: \$299

Includes all course materials.

2026 Course Dates: TBD

Thursday afternoons, 1 PM – 3 PM Eastern

We're planning to start our next course in mid-January. Dates will be finalized once we have met the minimum enrollment.

Past Participants Report These Benefits:



Ready to begin your storytelling journey?

Email Jennifer to join the interest list or ask questions:

 jmiller@people-equation.com

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