

COURSE TESTIMONIALS

"Jennifer creates spaces where every voice matters and every story shines—where we all feel seen, heard, and valued. I highly recommend the Guided Life Stories course to learn more about this writing methodology."

Lisa Rosendahl

"Jennifer's ability to share her expertise with creativity and care—and to guide others into becoming more confident, focused writers—is extraordinary. Her workshops are relaxed, engaging spaces where professionals can reflect, write and grow."

Staci Miller

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

Ready to begin your storytelling journey?

Email Jennifer to join the interest list or ask questions:
jmiller@people-equation.com

Learn more:
www.people-equation.com



People Equation

Introduction to Guided Life Stories



Using "GAB" to write your way to clarity, meaning and a newfound confidence in your story

A WORKSHOP THAT FOCUSES ON YOU!

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

Life changes like an empty nest, a new career, or retirement give us a chance to reflect. Writing helps us make sense of our experiences, clarify our legacy, and find direction for what's next.

What is Guided Autobiography (GAB)?

GAB is a small-group writing process created by Dr. James Birren. Guided by a trained facilitator, participants reflect on life themes like family, work, and turning points. Through short weekly writings, personal stories unfold—no writing experience needed, just openness and curiosity.

WHAT YOU'LL EXPERIENCE...



**A deeper understanding
of your life stories**



**Greater confidence and compassion
for yourself and others**



**Connection with a supportive
community of storytellers**



**Insight into your next chapter
through guided reflection**



MEET YOUR NARRATIVE GUIDE

Jennifer V. Miller

Certified by the Birren Center for Autobiographical Studies

Jennifer is the founder of The People Equation, LLC. A seasoned facilitator and writer, she has spent more than two decades helping professionals uncover meaning and connection through story. Her mission is simple: to guide others toward clarity, confidence, and compassion—one story at a time.