Introductory Guided Life Stories Workshop

Creating welcoming spaces for women to write, reflect, and share the meaning in their stories.

On the brink of something new? Looking for a moment to pause and reflect?

Life transitions—like an empty nest, a career shift, or retirement—invite us to look back before moving forward. Our introductory Guided Life Stories program offers a small group setting where writing and storytelling becomes a doorway to make sense of your experiences and gain clarity for what's next.

No writing experience is needed to participate.

WHAT YOU'LL EXPERIENCE

- **A Deeper Connection to Your Story:** Discover hidden threads and reveal patterns across your life's experiences.
- **Insight for Your Next Chapter:** Gain perspective on where you've been and gentle direction for where you're going.
- **A Supportive Small Group:** Share in a warm, confidential environment where every story is witnessed with care.

HOW THE WORKSHOP WORKS

6-Week Virtual Small Group (2 Hours / Week via Zoom)

Hour 1: Guided Theme Exploration
Explore weekly life themes such as family, turning points, and money through brief low-stakes guided writing activities and discussion.

Hour 2: Shared Stories & Witnessing
An intimate gathering of 6–8 women share two-page essays in a non-critique environment. Storytellers decide what/how much to share.



MEET YOUR WORKSHOP HOST

Jennifer V. Miller | *Life Stories Workshop Host & Narrative Guide*

Jennifer is a Certified Guided Autobiographical Instructor and founder of People Equation, LLC. A seasoned workshop facilitator and writer, she creates hospitable spaces as she guides others toward clarity, confidence and empowerment. Jennifer's work has appeared in multiple anthologies, including the juried selection of her essay "Poking Back" in the 2026 Birren Center Anthology, *Becoming Ourselves: The Moments That Shape Us*.

"Jennifer creates spaces where every voice matters and every story shines—where we all feel seen, heard, and valued." **— Lisa Rosendahl, workshop participant**

READY TO JOIN US AROUND THE TABLE IN 2027?

Join our Interest List to be notified of upcoming workshops: people-equation.com/guidedlifestories

PEOPLE EQUATION, LLC

Guided Life Stories & Reflective Practice