

"The Write Place"™



Jump Start your Reflective Writing in February at "The Write Place"™

A NEW 28 Day Writing Challenge beginning 1st February from Elaine Patterson and Karyn Prentice at PattersonPrenticeDesigns

"Fill the paper with the breathings of your heart"
William Wordsworth

Join Us!

Join us for our new 28 day February Writing Challenge which has been designed to jump start your journaling and reflective writing practice! Has your practice waned and needs some reinvigoration? Or are you looking for ways to deepen your already robust practice? Whatever your starting point join us at *"The Write Place"™* to be stimulated by a banquet of writing prompts to stimulate your reflective writing to kickstart the new year!

Why Now?

Every practice – no matter how much it is loved – needs a boost from time to time. We know from our own lifelong practice (which is also supported by research) that reflective writing is a powerful friend and tool for exploring deep learning, discovery, creativity and change. We are also choosing to start our Challenge on Tuesday 1st February to tie in with the Imbolc Festival in the Celtic Calendar. Imbolc marks the midpoint between the Winter Solstice and Spring Equinox. We want to use the metaphor of Imbolc which represents new beginnings with Spring just around the corner to invite a new fire and fertility to your writing. As sprints are becoming more like marathons in all areas of our life and work, reflective writing is needed now more than ever to resource us and to bring us home to ourselves.

Who is this for?

The Challenge is for anyone who wants to deepen their writing practice and who can also commit to about 15 minutes a day for 28 days to their writing.

Our Design

When you sign up you will receive a "Notes to Self" Welcome Pack. The Pack will offer you ideas on how you can prepare yourself for your month of writing.

From the 1st February you will then receive a daily writing prompt direct into your email inbox by 8.00am GMT that day for you to work on. You can work on a theme or an issue or just respond in the moment on each day using the writing prompts.

We will be using seasonal, sensory, poetical and art inspired prompts offering eclectic and diverse ways to enter your writing. You will be writing alone together.

Over the 28 days you will create your own unique body of writing inspiring you to remember a myriad of old friends or make new connecting paths and which you can return to again and again as the year unfolds.

On the 28th February we invite you to join us at either 8.00am or 3.00pm GMT for 90 minutes to share your experience of the process of writing alone together.

Booking

The cost is £35 plus VAT for CSA Students and Accredited Graduates and £45 plus VAT for an open ticket.

[Click here to sign up!](#)

“What I try to do is write. I may write for two weeks ‘the cat sat on the mat, that is that, not a rat’. And that might be just the most boring and awful stuff. But I try. When I’m writing, I write. And then it’s as if the muse is convinced that I’m serious and says, ‘Okay. Okay. I’ll come’”
Maya Angelou

About Karyn and Elaine

Karyn Prentice and Elaine Patterson are Senior Faculty at the Coaching Supervision Academy International Ltd. They are seasoned coaches, supervisors and writers. Together they are Patterson Prentice Designs an award-winning team bringing their creativity to the world of leadership and professional practice. They launched a ground breaking EMCC Global EQA Accredited Diploma programme called ‘*Cultivating and Choreographing the Rich Tapestry of Whole Hearted Creativity*’ which is now in its second year and in production as their latest book. Their other published works - “*Nature’s Way, designing the life you want through the lens of Nature and the Five Seasons*” by Karyn and “*Reflect to Create!*” - *The Dance of Reflection for Creative Leadership, Professional Practice and Supervision*” by Elaine - reflects their deep connection to all forms of creative endeavour.

