

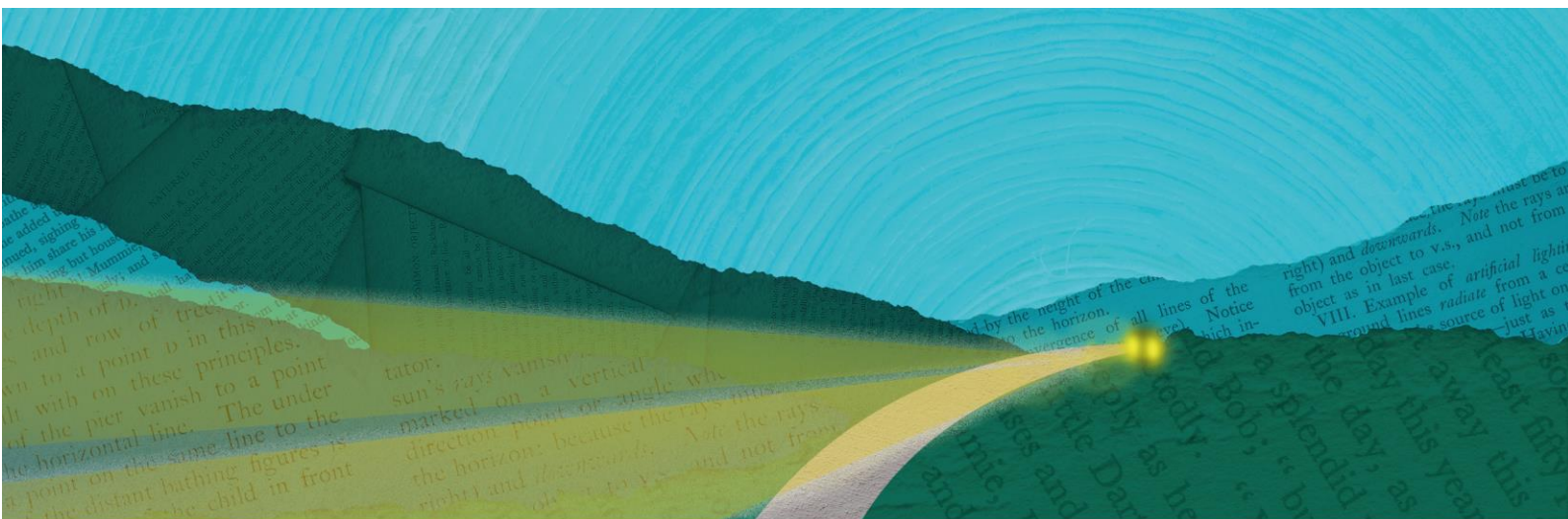
## Conscious Writing Month Full Programme 3<sup>rd</sup> – 26<sup>th</sup> September 2024

*A month of online workshops, readings, and talks for writers wanting to lead more conscious lives.*

Join The Literary Consultancy for a series of accessible events for writers interested in how to lead more conscious lives.

Each week throughout September we will be offering one evening seminar (Tuesday 7-8.30pm BST) and one interactive lunchtime workshop (Thursday 12-1pm BST) to explore the following themes:

**Conscious Mind**  
**Conscious Body**  
**Conscious Planet**  
**Conscious Society**



## **Week One: Conscious Mind**

*How can we protect the creative self, and find balance and flow in our writing practice?*

**3rd September 7-8.30pm BST How to Protect the Creative Self** with psychotherapist and author Lola Jaye

Drawing from her experiences as a published author and registered psychotherapist, join Lola Jaye as we explore how writers can protect their mental health in the face of challenges to creativity, whilst living their most authentic lives. Lola will share a map of her own writing journey and life, offering tactics and techniques to overcome barriers to creativity when they appear, whether expected or unanticipated.

**5th September 12-1pm BST Mindful Journalling** with author Philip Cowell

Join sustainability enthusiast and published author (*Keeping A Journal*, Sheldon Mindfulness; *This Is Me, Full Stop*, Penguin; *Stress* with Lorraine Millard, Sheldon Press) Philip Cowell in this joyful hour of mindful journalling. Through a series of prompts, we will journal around themes of freedom, creativity, and the future, to open up new possibilities for ourselves and our practice.

## **Week Two: Conscious Body**

*How can we look after our bodies, and tap into somatic practices to empower ourselves?*

**10th September 7-8.30pm BST How to Live in a Creative Body** with poet and author Polly Atkin

Cumbria-based poet, non fiction writer and disability activist Polly Atkin asks us to re-frame what we think of when we talk about accessibility, and challenges us to imagine a world that is accommodating and accessible, leaving us with the space to live fully and joyfully as writers. What might this world look like, and what are the small acts of care we can all commit to that can get us there?

**12th September 12-1pm BST Breathwork for Writers** with practitioner Farzana Khan (Healing Justice)

Join facilitator Farzana Khan in this grounding space, giving us a moment of respite and (re)connection in our busy lives. We will use a mix of light stretching, breathwork, and meditative practice. Embodiment techniques help us to regulate our nervous systems and create a space in which we can hold each other and hold space together as writers. This session includes some gentle free writing prompts.

### **Week Three: Conscious Climate**

*How can we storytell the planet not just to celebrate, but to preserve, its precious resources?*

*17th September 7-8.30pm BST Poetry for the Planet* with Liv Torc (Hot Poets)

Author of *The Human Emergency* Liv Torc shares her insights as co-director of Hot Poets, an international collective bringing poetry and science together to imagine a better possible future. Includes a video performance from the Hot Poets, and insights into how we can make positive changes for a better world, as well as imagining positive futures by sharing exciting examples and case studies.

*19th September 12-1pm BST Drawing the Disappearing World*, a workshop with illustrator Laura Coleman

Author and illustrator Laura Coleman leads an interactive workshop that takes us through her journey to a sanctuary where she formed an intense bond with a puma, and what this taught her about our relationship to the natural world. This workshop includes exercises drawing compass roses as a way to map our intentions as writers, and a special mark-making exercise in which we consider how we, and all creatures that inhabit the earth, leave our footprints as a way to remember that we were once here.

### **Week Four: Conscious Society**

*24th September 7-8.30pm BST Literary Horizons*, a panel discussion

In a wide-ranging discussion, we draw on insights from activism, climate research, and economics to consider how we can build new horizons as storytellers and as human beings, that are mindful of the environmental and ethical challenges facing our industry, our society, and our planet. Come and be inspired to be part of a movement of those not just asking for change, but making it happen.

*26th September 12-1pm BST Tiny Manifestos*, a workshop with poet Degna Stone

Poet Degna Stone brings a range of writings to the table that centre ideas of manifesto. Together, we read the inspiring and rousing words of others, and come together to co-create a manifesto of what a conscious creative life might look like. We will be publishing this collective manifesto as a way to mark this series and our intentions to carry our learning into the world, and our ongoing practice.