

Share Your Wisdom with Others: How to Write with Freedom
with [Cindy Barrilleaux](#)
www.writeyourbest.com



"Cindy has a serious focus mixed with a sense of playfulness that somehow makes it easier to approach a daunting task."

- V. Baker, therapist, coach

A 6-Session Writing Group Seminar

Course Outline:

Session 1: Introductions

Writing Goals and Questions
The Stages of Writing
Free Write Exercises

Session 2: Deciding What to Write

The power of lists
Planning vs. Following
Writing Exercises

Session 3: That pesky inner critic - what works, what doesn't

4 steps to calm your thinking
Free play
Discussion

Session 4: What Makes a Good Writer

The Logistics of Writing
Writing Exercises
Discussion

Session 5: The Role of Inspiration

The Difficulty of Thinking
Writing Exercises
Discussion

Session 6: Creativity, Risk and Daring

Writing Questions
How to Improve Your Writing
Discussion