



Creative Wordshops
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Storyteller Facilitator Word speaker Writing Coach Poet

Ongoing Activities 2020

The Virus tornado whirls whipping up panic, ghosts, fear, isolation, change and uncertainty. At such a time you can turn social distancing into **self-nearing and nurturing**

What better time to **journal or join a solo or group online**

12% discount on all courses

so that words can place and hold you in the eye of the storm?

from 27 March (Lockdown Day) till 23 April (Shakespeare's deathday and now World Book Day)

Why not join and encourage friends to join too so that you create your own community to exchange your stories and so record a remarkable time.

For this too will pass

Your course is invaluable...thank you for the inspiration and spontaneity you sow into the word around you. (Y O)



<https://www.skillstoshare.com/product/the-rough-writing-road-audio-course-with-dorian-haarhoff/>

The Rough Writing Road

A 16 week self-directed Online Journaling Course

Your course is invaluable...thank you for the inspiration and spontaneity you sow into the word around you. (Y O)

Writers all... I have created an online journal course with the help of an online 'guru.'

Our guiding metaphor is the rough road we travel along on the writing path. I prompt via stories, questions, quotations, poems, memories and suggestions. These are drawn from many traditions and faiths. Helping you find your voice. As you walk you enter a great conversation with yourself ... and others.

Why the rough road? It's writing that has not been crafted or edited. Spontaneous. Rough as in rough days. Some of the 16 units are: Retraining the Eye... Many Selves...Dreaming...The Fire that warms you Five Times...Living the Questions Now...

Self directed = it's a bit like a workbook where you don't interchange with the writer. So if you feel solitary, why not get a friend to do the course and share your passwords? There is also a chat room though sometimes you might find it an echoing space as some folk prefer to work alone...and you could join up with a travelling companion, a friend, and share your response to the stories and other entries.

While you could take the rushed Writing Road and complete the course in 4 weeks, I suggest you pace yourself over the 16 weeks so you can breathe, be, absorb and reflect. For each unit you'll write for **64** minutes (4 x 16 minute bursts)

Why 64?

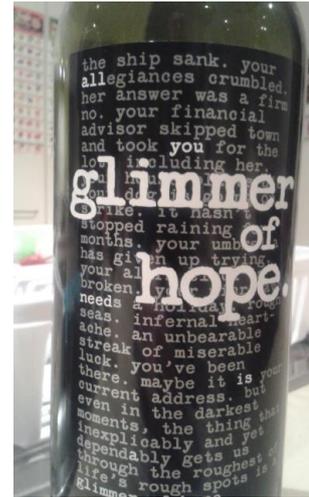


It's 8 x 8 (infinity). 64 hexagrams in the I Ching the book of Chinese wisdom..... 64 nucleotides of the genetic code.... 64 squares on a chessboard? And don't forget the Beatles:

*If I'd been out till quarter to three
Would you lock the door,
Will you still need me, will you still feed me,
When I'm sixty-four?*

Cost R950

12% discount



How to subscribe:

for help: support@skillstoshare.com

once you have paid and registered off you go

Aneta Shaw shares part of her journal entry in response to the first story prompt:

Ok now we are talking about the tortoise and the eagle ...the one who experiences and the one who facilitates the experience. It is about two realities. The eagle knows one and he shows it wordlessly to the tortoise who is overwhelmed and wants all to know about the more out there. Only one other tortoise hears him and his interest is piqued. He wants it too. So the question is how to wordlessly take your reader /viewer on a flight where you show him another reality without saying anything?

Mentoring – one-on-one

'You help me to sound like myself' (various clients). Walk with me in words. You put on one shoe, I wear the other. Memoirs, mindful adventures, work in the world ... genres tumbling out of folk on the one-on-one path. Personal attention. Such a richness of story here. Flyer on request.

Praise Poem

Want to celebrate the life of that special person... sing their praises at birthdays or anniversaries? I can create this for you – an original poem based on their life story. We have sung the praises of 50 60, 70, 80 and 90 year olds...

Email four month Courses: Writer's/Poet's Voice Course / Writing your Spiritual Journey / Personal Journey / The Art of Storytelling Flyers on request

one-on-one tuition

Some folks respond to structure, assignments; if so, ask and it shall be negotiated. Here is one possibility: Do you love reading and writing? This one-on-one apprenticeship aims to take you further up the writing mountain and offer you a deeper engagement with your craft. This course is structured in the nature of an ongoing conversation with a few chosen writers or poets, (ancestral or alive) with me and with yourself. I encourage you to keep a journal to record your observations and reflections.

Speaking Engagements

Be still when you have nothing to say but when genuine passion moves you, say what you've got to say, and say it hot. (D. H. Lawrence)

mutato nomine de te fabula narratur

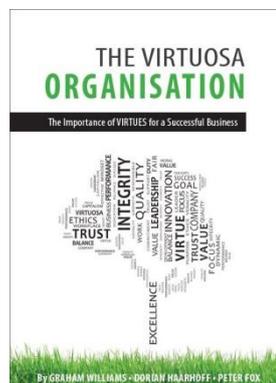
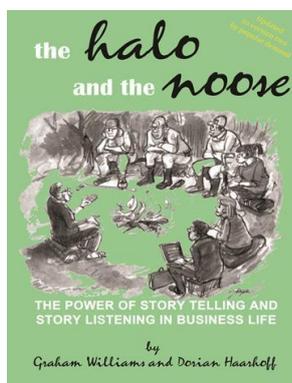
All you need do is change the name and it's about YOU, this story' (Horace)

Stories produce hours of vital conversation for you, your colleagues clients and company. Sets transformation in motion. A short-short story is like the flair of a match. It can destroy or create depending on how we use it.

I spoke at Kaeilo Stories of Hope on how stories speak to corporate social responsibility. And at a Quality Life Women's Leadership Conference. And at a Dairy Herd conference. At St Patrick's CBC and at a SAICA conference. And at the 20th birthday party of Simonis Storm in Windhoek. And at a Pharmacy Conference. What are your needs?

Corporate Work

3M, Procter & Gamble, Cipla, Tsogo Sun, UNISA, and many others have benefitted from story-shops – how to best apply story in organisations, build teams, grow emotional and social intelligence, formulate scenarios, trigger change



<http://www.haloandnoose.com>

<http://www.kr.co.za/knowres-publishing-1/the-virtuosa-organisation>
digital and hardcopy formats

Directory: Friends at Work and Play

Anne Haarhoff OWLProof (Order, Words, Language)

Need a top class, sharp-eyed editor and proofreader? Oh so most highly recommended. ah1948@gmail.com/ Tel: 044 8730547 or 078 2763963.
www.owlproof.blogspot.com

Aneta Shaw: Clinical Psychologist and TRE group Practitioner

SHAKE off your STRESS TRE is a bodily technique that relieves chronic and acute stress, reduces muscular tension and assists in recovering from the effect of trauma on the body. Small group: Aneta 082 686 8118 or 021 855 5415

Bob Commin (two offerings from this poet priest)

Want to be part of a vibrant get to love poetry day time group? For people who love poetry and who feel that they know little but would like to know more. The group meets on the 2nd Thursday of the month. 9.30am -12 noon. Next meeting Thurs 10 October. Suggested donation R 70 per session. The group is not essentially for those who write poetry, but for sharing the insights and inspiration that poetry brings. It is not intellectual and it requires no preparation on your part. We share our insights as a group.

This is about marriage preparation, commitment or renewal of vows. Especially for couples. Let Bob, a priest and poet , guide you through Kirstenbosch in an interactive two hour journey . Create an unforgettable memory. R450
bcommin@netactive.co.za 082 202 5303

Werner Schmidt



"As Momentum Financial Planner, I empower you, as individual, family or business, to realise your principles-driven life plans & business plans, with increasing financial wellness."

Werner Schmidt

Momentum Financial Wellness Practice

M Com (Taxation) CA (SA) Life Coach

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financial planning

Werner focuses on Financial Planning for Individuals, Families & Businesses, Wealth Management, Insurance (Personal & Business Insurance), Estate Planning, Wills & Trusts.

He values family, friends, dogs, music, work, nature, an active lifestyle, pizza and red wine.

Invest | Insure | Health | Multiply Rewards | Employee Benefits | Short-Term Insurance
Through Momentum Consult we represent the majority of SA Financial Services Providers

Time is the canvas, authentic living the art



Gerda Nicholson

Gerda (gerdanicholson.com 082 783 2647) is a fibre and collage artist who works creatively with themed commissions. The Africa Foundation recently auctioned one of her works for R20,000 at a fundraising event for the relocation of rhinos to Botswana. Her work finds its way into Game Lodges and private collections.

This is a recent piece : fossils and fibre - the idea of excavating and discovering at different levels .

Contemplative Practices with Coral Wilder - Creativity Coach

Creativity is not a hobby, it's a way of life, is accessible and available to each of us and can be found everywhere.

Tapping into your creativity enhances your life; It involves breaking out of established patterns in order to see things in a different way.

Join a group (or make up your own of 4 to 6) to:-

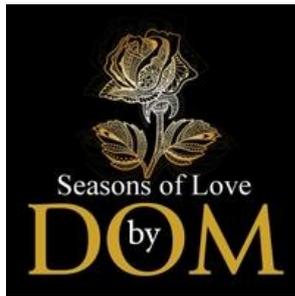
CREATE - Select a few images and paste up a collage

NARRATE - Reflect on those images and uncover hidden stories.

CONTEMPLATE - Mirror those stories with your life.

For more information contact Coral on 083 450-9148 / coralwilder@gmail.com

Dominic Rex Haarhoff



Dominic's debut album *Seasons of Love*, tells the story of the seasonal nature of our intimate relationships. Love lost, nurtured, fought for and embraces not returned. It reflects on the time we have spent on this earth featuring meaningful moments from top Broadway musicals and chart topping 60's ballads. A timeless classic.
<http://cdbaby.com/cd/seasonsoflove>

I specialise in the treatment of depression, ego state voices, mid-life crisis, abuse, addictions and toxic relationships. My approach to healing and personal transformation is holistic, focusing on you as a unique, complex, dynamic being of body, heart, mind and spirit. I work with local and international clients. See www.dominichaarhoff.com

Walter Willies

Welcome to the Story Clinic

The sense of story is probably the most powerful way we have of interpreting experience. Most of the time we take it for granted, telling ourselves stories about our experience without testing very much.

The Story Clinic is a platform for paying attention to our told and untold stories: stories of the body, stories of business, stories of relationships, stories about realities. If you have a question, need or desire that connects with the sense of story, please contact us. We're just a call or e-mail away.

027 482 1537 /082 853 092 info@story-clinic.com