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PSYCHOLOGIES EVENTS

In partnership with NOW Live Events, we look ahead to telling our life story, plus how we unlocked our passion to live a fulfilling life

OCTOBER WORKSHOP

STORYTELLING FOR YOUR FUTURE LIFE, LOVE AND CAREER WITH LITERARY AGENT JACQUELINE BURNS (ABOVE) AND SUCCESS COACH KATE TOJEIRO

DATE: 23 October 2014

VENUE: Conway Hall, 25 Red Lion Square, London WC1 4RL

TIME: 7pm-8.30pm **COST:** £15

Telling our story gives clarity on where we've come from, how far we've travelled and reveals a fuller sense of ourselves and what we are capable of. Many people have discovered the power of daily journaling, and these powerful effects are magnified when we consider the story of our whole life.

This workshop will help you to:

- Differentiate yourself by seeing your unique strengths and experience
- Connect with others through sharing stories
- See the habits and attitudes you'd like to change and those you want to strengthen

We will mix storytelling techniques with a look at the mindset of successful people and add a sprinkle of neuroscience to inspire us to grow into the next phase of our lives.

Jacqueline Burns, co-director of the London Writers' Club and author of 'Write A Bestseller' (Teach Yourself, £12.99), helps writers tell their stories. Kate Tojeiro is an executive coach to some of the world's largest companies, athletes, racing drivers and celebrities.



LAST MONTH...

FINDING HAPPINESS

Susanna Halonen, happiness researcher, coach and trainer debunked the myth that you have to find your passion to be happy. 'Passion is not something you find, it's something you live,' she said in our September workshop. 'Passion doesn't need to be tied to one activity or one thing; you can express it across your life. In fact, directing your passion across many pursuits is how you live a happier, more fulfilling life that's also balanced.' In the workshop, Susanna challenged us to answer questions such as, what are your

ABOVE: Susanna Halonen talks about finding your passion
RIGHT: *Psychologies*' editor Suzy Greaves

values and how can you incorporate them into your daily life? What are you good at and how can you do more of that every day? How can you find and connect with your tribe on a daily basis? How can you commit to learning something new daily? It was a dynamic and thought-provoking 90 minutes.

'Screw Finding Your Passion, It's Within You, Let's Unlock It' by Susanna Halonen, is available as an ebook

“It was an informative and enlightening evening – thank you” LEMA

