



Mourning the Change & Loss – Letting Go to Move Forward

Women Write2Heal Retreat Abstract 12.2018

EVENT NAME: Women Writing2Heal Retreat

Date: Dec 28 – 30, 2018

Presenter Name: **Teresa Bitner**

Workshop Title: **Mourning Change & Loss – Letting Go to Move Forward**

Briefly list your talking points and / or flow of presentation:

Learn the common Stages of Change & Loss

- Interactive sharing exercise

Take a moment to list the losses

- Interactive writing exercise

Acknowledge the Change & Loss

- Interactive sharing exercise

Mourn the loss – through writing & reflection

- Reflective writing exercise

Letting go

- Reflective writing exercise

Moving forward

How to survive a major change & loss process

Acceptance – what that looks like & how to work towards that

SMART Goals – for continues forward momentum

- Interactive/Reflective writing exercise

Include the following in your presentation:

© 2018- 2019, Teresa Q. Bitner, All Rights Reserved

www.boldfulfilledlifecoach.com Teresa Q Bitner teresa@boldfulfilledlifecoach.com



Mourning the Change & Loss – Letting Go to Move Forward

If you have published, or intend to do so, please **share how writing** has helped you. *This could also be personal journaling, poetry, song writing, blogging, etc. Example: Dr. Karen will share how the power of *the promise, the process, the product, and the promotion of publishing a book inspired her to continue writing to heal.*

Please explain:

*Teresa will share throughout the presentation about writing & healing. Specifically how **Soul Love: How A Dog Taught Me to Breathe Again** publishing and writing has helped me fully heal and move forward. The book serves the purpose of sharing gut wrenching grief, providing hope to those who've lost it and a grief companion. Blogging as a means of showing up in a vulnerable and authentic way, writing is my therapy and sharing gifts.*

How will you make sure to refer back to Dr. Karen's Writing2Heal brand, BridgeUcation and the purpose of this Retreat?

I will make notes in presentation to refer back & make a slide or 2 to be sure to.

Equipment needs: **Projector (do we have access to a copier or should I bring copies?)**

Do you need Vendor Space? **Yes please – 1 table & chair**

Do you have item(s) to the Swag Bags? **Yes – Pens & Bookmarks**

Are you offering free consultation or services that require scheduling? **Free & I can do followup discovery/strategy sessions**