

Mobilising in the face of eco-anxiety: Writing alongside each other

A two-hour online workshop facilitated by Aline Giordano

This workshop is an introduction to the practice of creative writing used as an awareness tool. Although this approach can be applied to a variety of contexts, topics and ways of working, this introductory workshop will focus on keeping in mind the state of the planet and the societal changes which have been accelerated through the pandemic.

Participants don't need to have any experience of writing, just a willingness to do so! We will do short writing exercises (typically two minutes long) in response to some literary texts and/or poetry. We will pay attention to what emerges on the page and stay with the present moment experience. Together we will keep ourselves present, available and hopeful. Now, more than ever, we must ask ourselves: How can we reconnect to each other's humanness in the age of the Anthropocene?

This is a small group workshop (maximum 10 people) to enable gentle pace, self-reflection and dialogue.

Saturday 29 January 2022

10.00 to 12.00 (online via Zoom)

£30 (£25.00 concession)

Aline is trained in Relational Organisational Gestalt and is currently completing an MSc in Creative Writing for Therapeutic Purposes at Middlesex University. She has trained with the Gross National Happiness (GNH) Centre in the Kingdom of Bhutan. For more information please visit: <https://alinegiordano.com>.