

## **Biography Workshop**

A five-day workshop with three to four participants in which each reviews, orders and seeks to envision the future of his or her personal life story.

Each step includes time for preparation, for artistic work and for sharing in the group.

### **Program Outline**

#### **Events**

List in note form the events of your life from birth to the present time.

Glimpses: List of 10 words of what there life is like right now. 15 minutes prep, then 15 minutes each for sharing.

Exercise in Listening.

#### **Chapters**

Participants each ponder over their life and try to divide it into chapters, giving each a name.

#### **Themes**

Try to identify particular themes that one is dealing with – recurring incidents, interests, problems or handicaps that affect one's biography.

#### **Relationships**

Make a list of all your relationships with people that are important in your biography, in the past, and particularly the present.

#### **Options**

Your future lies before you and poses a number of options that you can choose from. Dreams and intentions, desires and experiences determine what you envisage could be future options for you. List these and reflect on how each would affect your life.

#### **Decisions**

Look back over the process of the workshop and at your options, imagining them as graphically as possible in preparation for taking certain crucial life decisions. Decide following the processes outlined.

#### **First Steps**

What steps have to be undertaken to carry out the decision you have come to. List the people that need to be informed, the help you will require etc.

#### **Conclusion**

Refer once again to the list of 10 words. What has changed? How does your life appear to you now?