



HEATHER SELLERS, PHD,
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JUNE 30–JULY 5 | SUNDAY–FRIDAY

Heather Sellers

INTRODUCTION TO CREATIVE WRITING

BUILDING A PRACTICE

FOR everyone.

A regular writing practice strengthens concentration and nourishes creativity. But so often, life gets in the way. Distraction, self-doubt, procrastination, fear, and anxiety trip us up. This program is designed to spark your writing practice, whether you are dusting off a long-held writing dream, have been struggling with writer's block, or simply want to try something new.

Guided by award-winning master teacher Heather Sellers, you explore

- A sequence of low-risk, no-fail techniques for developing a creativity practice that fits your daily life
- Scaffolding skills and generative prompts to jump-start deep, meaningful writing
- Common challenges we face as writers—sustaining the practice, finishing things, and tackling difficult material
- How to find and nurture a healthy writing community.

Return home with a foundation of new skills to help you get back in touch with the core spirit of your creativity, sustaining engagement with yourself and the world.

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