

Build Your Personal Resilience

Use the Power of Writing to Reclaim your Life

Do you feel that external events and demands are running your life?
Would you like to be able to bounce back more quickly from setbacks?

Access the power of your own words to discover the resources you already have. Enhance your personal resilience skills. Join a fun, friendly, and supportive group to experience what scientific studies show: **Journaling can be good for your health.**

Coming SoonJournaling in the East Bay

SAVE THE DATE: Classes Begin Sept 7, 2013

You Will Learn How To:

- Use writing to tune in to your natural strengths and cultivate resilience
- Identify personal overwhelm triggers and create healthy responses
- Manage your time and energy to bounce back more quickly
- Find time to journal even when busy

You don't need consider yourself a writer!

When?	4 consecutive Saturday mornings (Sept 7, 14, 21, 28)
Where?	Recreation Center at 4300 San Pablo Ave , Emeryville, CA 94608 Phone:(510) 596-4395
How?	Registration Required. Sign up details – See City of Emeryville Activity Guide Easy online registration opens August 19th http://www.ci.emeryville.ca.us/

Want a Personal Reminder? [Join the class email list](#)

Get a Complimentary Checklist: **5 Myths of Journal Writing**

Very warm, reassuring atmosphere with practical, helpful resources. (T.J.)

I loved it all. It was refreshing to settle in and let it out, and inspiring as well. I liked the easy atmosphere and small group (K.S.)

Initially I was concerned we would have to share what we wrote during class. I liked the option of sharing or not. I liked learning the various techniques for journaling. No one size fits all. (P. J.)

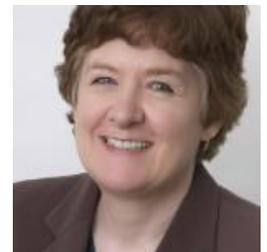
About Your Instructor



Jennifer Bradley, Ph.D. helps individuals to navigate career and work life transitions with more ease and less stress.

Her interest in journaling grew from her own experience of the power of personal writing to deal with significant changes in her own work and life.

Now as a Certified Journal to the Self® Instructor, she enjoys sharing what she has learned with others.



Stay in touch: Visit **writetorenew.com** for updates

"Jennifer is a seasoned professional who brings warmth, humor and empathy to her facilitation.

You're in good hands." (Kathleen Adams, Founder of the Therapeutic Writing Institute, Denver, CO)