

# A Guided Autobiography

## Workshop for

# The Women's Experience



Jewish women have been telling stories since the beginning of time. Such stories are essential to our experience as Jews, women, mothers, daughters, sisters, friends, and more. Our lives are chock full of stories, and these stories are fundamental to how we inhabit the world---both the practical, here-and-now world of daily living, and the ideal, spiritual world we all strive for. Learning to tell and own our stories allows us to integrate both worlds and to live our most authentic, resilient lives.

Guided Autobiography (GAB) is a decades-old curriculum that helps individuals to reflect and document their life stories.

### What You Can Expect

- A rich and meaningful experience. When we tell our stories, we step into our power.
- Community and connection
- Greater optimism and purpose
- Pages of your life story that could become a treasured gift to loved ones.

### Our Mission

The Women's Experience envisions a Jewish community where women, regardless of their experience, knowledge base or affiliation, have a place to connect with, a place where they belong, a community where everyone feels welcome.

### About the Workshop

- There is no writing experience necessary. Think storytelling! We write autobiographically, not an actual autobiography.
- We meet in-person for two hours over the course of eight sessions.
- We explore four universal themes -- branching point moments, family, joy, and spirituality. Each theme will be supported by sensitizing questions designed to help you recall memories.
- Cost is \$375 per person, including all materials.

### Workshop Dates

Note - we are working around the Jewish Holidays

**Tuesday evenings 6:30 - 8:30**

**September 6, 13, and 20; October 25; November 1, 8, 15, and 22 (eight total sessions)**

 **399 S. Monaco Parkway, Denver CO 80220**

## Your Instructor



Nancy Sharp is an award-winning author and sought-after speaker helping people cultivate greater resilience by telling and owning the stories that have shaped who they are and who they want to become. She received an MFA in Creative Nonfiction from Goucher College and certification to teach Guided Autobiography through The Birren Center for Autobiographical Studies. Nancy authored the memoir [Both Sides Now. A True Story of Love, Loss, and Bold Living](#), winner of the Colorado Book Award.

  
**NANCY SHARP**  
OWN YOUR STORY

Click [HERE](#) to Register - Seats are Limited