



Creative Workshops

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storyteller speaker facilitator writing mentor poet



Creative Wordshops Feb/March 2012

Writing Newsletter

Re-story and re-imagine your Life and Work

**Stop Press : Calling Durban, Cape Town Johannesburg
Announcing the 2012 life story course leading to a shared publication
March-Aug 2012 - See below**

*If you don't break your ropes while you're alive
do you think ghosts will do it after? (Kabir)*

Dear writers, story-tellers, readers

Imagine if we knew we had only a year left this side of the river, How would we respond? What writer ropes would we break? And yes, what would we write?

I've been reading Stephen Levine's *A Year to Live*. He cites Zen master Suzuki Roshi:

If you put a wild horse in a small stall it can go mad and kick out all the slats, but if you lead this same stallion to an open meadow and let him go, he will run about for a while then settle down, roll in the grass, and go to sleep. Just so with the wild rumours that echo back and forth in the tiny cortex and turn the body to shattered stone.

In *King Lear* when Gloucester wishes to kiss the hand of his King, Lear exclaims "Let me wipe it first; it smells of mortality." One of the blessing of facilitating and mentoring is the quality of the people who arrive in search of their stories. Many have touched the skin of their mortality and are writing on the edge of it. They open to the moment as timespace expands. With Hamlet we bound in a nutshell become kings of infinite space. And we drop our words into this immensity. Here is Yeats writing into such a moment:

My fiftieth year had come and gone.
I sat, a solitary man,
In a crowded London shop,
An open book and empty cup
On the marble table-top.

While on the shop and street I gazed
My body for a moment blazed,
And twenty minutes, more or less
It seemed, so great my happiness,
That I was blessed, and could bless.

May your body blaze as word find and open you.

Dorian's Jan Storyshops/ Writeshops/Conversations

If you want any of these workshops in your area speak speak.

1. Durban, Cape Town Johannesburg

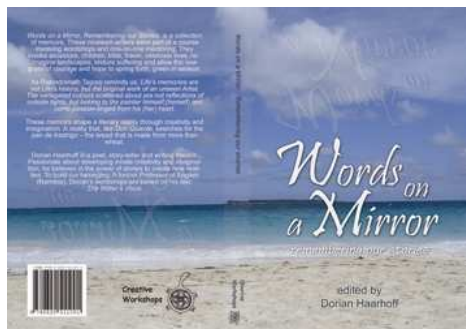
Once Upon A Journey: A Life Story Course leading to a shared Publication (LSP)

March-Aug 2012

It's the process of writing and life that matters... We are trying to become sane along with our poems and stories. (Natalie Goldberg)

This structured course that offers a sense of progression and leads to a publication. So I am once again offering a Life Story/Memoir course March -Aug 2012. There is no admission requirement. We can all learn to write and have a story to tell.

Here is the cover of the 2011 Life Story publication



Words on a Mirror, Remembering our Stories, featuring life stories from 19 participants was launched in Cape Town Johannesburg and Durban toward the end of 2011 . Annie Haarhoff, proof reader, writes, "I have been deeply moved by these stories which, in their elegant and powerful prose, express the pain, losses sorrows and longing, as well as the love and hope that bind us like a gossamer thread." Cover design and lay out - Dominic Haarhoff. Here is feedback from 2011 participants:

When we arrived, we shared a common commitment – to write. When we left, we shared so much more. Having discovered a home space that offered enrichment and blessings, a magic maestro to keep us inspired and safe, and kindred writers for support, encouragement and laughter, we looked deep inside, opened our hearts, connected to our grief, dropped our masks, celebrated the child in us then looked in the mirror to see...ourselves.

Elements covered in the workshops:

- voice and presence
- connecting to experience
- opening to imagination and creativity
- engaging the discipline
- developing a facility with words
- crafting, shaping, structuring and editing

detailed flyer from me

Western Cape

1. Tamboerskloof

Writing your Spiritual Journey R520

Sat 18 Feb 11.00 – 18.00

*In the middle of my life I found myself in a dark wood .
The way was wholly lost and gone...My will and desire were revolved, as a wheel that is
equally turned, by the Love which moves the sun and stars.
(Dante- beginning and end of Divine Comedy)*

The word 'spirit' touches every aspect of our lives. In this workshop we invoke the image of the journey. We write about our changing beliefs and find the stories around those moments of insight. When like the snake we shed a dead skin and opened to a larger world. Perhaps we are all pilgrims. Writing offers us a lamp that sheds light along this path. The workshop offers you a safe place to explore whatever you need to explore, irrespective of your beliefs. We also focuses on how to be present in your writing and engage the reader as a creative partner. And source your bliss.

You will explore how to

- align yourself with the one inside who knows how to write
- start and sustain that conversation
- be thrilled by words
- breathe life into the words and let words breathe life into you

Bring writing materials, old magazines, scissors, a glue stick and a light lunch to share. I'll provide tea and coffee.

Venue: 101 Lochinvar,15 Quarry Hill Rd, Tamboerskloof 072-359 3609 for directions

2. Stellenbosch

The Magic Carpeters Writing group

Last Wed eve of every month (Jan to June)

An established writing group meets called Magic Carpeters.

Gauteng

I'll be up and can offer a Sat afternoon/eve 25 Feb workshop ... anyone want to set up something in Pretoria or J'burg? Storytelling? Intro to poetry?

KZN

No KZN dates for Feb. possibly in March. What do you need?

Namibia

3. Windhoek

A visit planned 13-18 March under the sponsorship of Carl Schlettwein Foundation, Basel to facilitate storyshops for at the school for the hard of hearing . Will also be available for a story telling/life story evening.

I have completed the manuscript for *Mirror, Lens and Window, a Workbook on Journaling for Namibian Teachers in Training* based on workshops over the past four years sponsored by the Carl Schlettwein Foundation. Cover design and lay out - Dominic Haarhoff.

Ongoing activities (some repeat info here)

Mentoring – one-on-one

“You make me sound like myself” (various clients) Walk with me in words. You put on one shoe, I wear the other. Memoirs, mindful adventures, work in the word... genres tumbling out of folk on the one-on-one path. Such a richness of story here.

Email four month Courses: **Writer's/ Poet's Voice Course – one-on-one tuition**

Some folks respond to structure, assignments... if so, ask and it shall be negotiated. Here is one possibility: Do you love reading and writing? This one-on-one apprenticeship aims to take you further up the writing mountain and offer you a deeper engagement with your craft. This course is structured in the nature of an ongoing conversation with a few chosen writers or poets, (ancestral or alive) with me and with yourself. I encourage you to keep a journal to record your observations and reflections.

Speaking Engagements

Be still when you have nothing to say but when genuine passion moves you, say what you've got to say, and say it hot. (D. H. Lawrence) What are your needs?

Development Work

This year I am working for Diakonia facilitating life story workshops for stress and trauma debriefing counsellors. We will produce a publication.

Bosman and Nasrudin under starlight

This season I will be a story-ing ...a summer evening, wine, cheese, breads and fire tales for the telling. In December I told stories at Natascha and Warren's wedding at Modikwe in Bosmanland. This kind of evening is a bit like the old days - singing around the piano at home. -Except I use stories and creative activities to get folk interacting and to prompt conversations. Themes... Chinese, South African, Mediterranean, Arabian nights. Spending quality time. Any rhyme or reason – birthdays, TV fatigue, the art of conversation.

Corporate Work (www.haloandnose.com)

"To read our Halo and Noose interview with Kathy Hansen, Ph.D of A Storied Career, which sets out our story philosophy and approach, go to: <http://astoriedcareer.com>

Last year we facilitated 3 M and Southern Sun Life Style Resort manager storyshops. This year we are offering the Provincial Treasury a series called 'Growing the Person, Growing the Writing.' (Business skills writing) Our corporate work is catching on.

*It was extremely engaging allowing us to explore various ways of telling a story ...the course supplied adequately those skills needed to start telling a story and how to go about it...
(3M manager)*

**ENGAGE
YOUR CUSTOMERS
MOTIVATE
YOUR STAFF**

Use the Power of Story to:

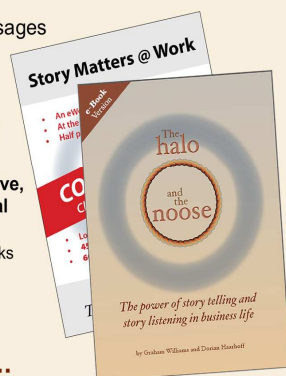
- tap into their minds
- enrich & enliven your messages
- stimulate mindfulness, imagination & innovation
- influence & persuade
- elicit metaphors that count

Get access to a comprehensive, fast growing suite of essential products & resources:

- downloadable ebooks & workbooks
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- articles & diagnostic tools
- free monthly updates

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***The Halo and the Noose, the Power of story-telling and story listening in Business Life* R195**

Want to source a 100 plus stories? co-written with Graham Williams (Graysonian Press). We run corporate story workshops based on our book.

Management Today, the monthly journal of executive learning, information and knowledge, has gone digital and international. We provide articles and business-relevant extracts from *The Halo and the Noose* and *Story Matters @ Work*.

We can also offer the magazine free to Halo and Noose subscribers and members. A single online edition costs US\$ 5-60.

This means that investment in a *Halo and Noose* membership is paid back in only 3 months (and this is before taking account of the free eBooks and other resources that members receive anyway). It's a wonderful added value.

Friends at Work and Play

Elma Pollard: Write for Earth email based writing course

Learn the art of eco-journalism with energy and passion. Be published in the *Green Times*. Offer your voice to help craft a better future. <http://thegreentimes.co.za/index.php?id=63>

Aneta Shaw: Clinical Psychologist and TRE group Practitioner.

SHAKE off your STRESS! TRE is a bodily technique that relieves chronic and acute stress, reduces muscular tension and assists in recovering from the effect of trauma on the body. Small group: Aneta 0826868118 or 021 8555415 More info: traumaprevention.com

Hugh Hodge: As-you-write-it

Hugh, the Off-the-Wall Poetry MC and New Contrast Ed, runs a Saturday morning - 0930-1230 - class in creative writing from his home and the homes of participants, The course, As-you-write-it, is themed on the seven ages of (wo)man; over seven Saturdays. Cost R250 per Saturday or R1000 for all seven if paid up-front. Booking essential to Hugh (hahodge@gmail.com) - quorum 3, full house 8.

Juliette Gyure : Coaching “ *If nothing ever changed, there would be no butterflies*”

Far Sight Change and Transition Coaching provides a framework, creative processes and support mechanisms for people negotiating significant changes and transitions. I have a passion for co-creating innovative pathways to change, transition and transformation with my clients. For a free consultation contact me, Juliette Gyure, 0726353818. (Durban- based)

Anne Haarhoff OWL (Order, Words, Language)

Need a top class sharp eyed editor and proof reader? Oh so most highly recommended
044 873 0547 ah1948@gmail.com 078 2733963

Julia Griss

I am now working at Centre 89 in Somerset West. I offer consciousness coaching, deep tissue massage and reflexology. It's a fabulous centre with a team of skilled therapists offering mainstream alternative therapies. 082 904 8224 julia@inneredge.co.za

Jo Viljoen

I've opened a Narrative Therapy Substance Abuse Recovery Clinic called Clearview Clinic. Near Pretoria 012 819 1422

Dominic Haarhoff



Are you at a turning point in your life? I specialise in vocational counselling based on a synthesis of techniques from Western and Mayan astrology augmented by insight from the I-Ching. Together we create a map towards the successful application of your genetic gifts in an ever-changing work and cosmic context. If you don't know where to turn look up to a better view and reach for the stars. It is time. If you resonate, ring me on **079 548 8947**.

dom3merlin@gmail.com (Based in George)

Writer-sites and News - see site news www.dorianhaarhoff.com

Dorian

