



The Transformative Writing Workshop

transformation through the writing

WhitneyStrohmayr

JimMarlatt

CarolEstrada

The Transformative Phenomenology Institute

Embrace Transformation Through Writing

Unlock your potential, elevate your life and work, and experience personal and professional growth through transformative writing. Gain insights, clarity, and creativity while cultivating communication, reflection, and leadership skills. Connect with others, tap into your potential, and embark on a transformative journey of self-discovery and meaningful expression.

- Experience the transformative potential of writing, which can unlock self-awareness, personal growth, and profound change in your life.
- Our approach merges phenomenology and somatics, offering a distinct way to delve into your lived experiences and access the wisdom within your body.
- Through transcending boundaries, setting aside judgments, and embracing embodied understanding in collaboration with others, our transformative writing method empowers you to reshape your perspective, heal old wounds, and navigate upcoming obstacles.
- Tap into your untapped potential and embark on a transformative journey by harnessing the power of writing.
- Discover the ability to bring about inner transformation and create positive change through the practice of transformative writing.

Benefits of Transformative Writing

Transformative writing enhances personal growth, professional development, and leadership. It fosters self-awareness, guiding choices and promotes resilience, clarity, and confident navigation of challenges.

- **Heightened Self-Awareness:** Transformative writing deepens your awareness of your thoughts, emotions, and sensations, allowing you to gain a richer understanding of yourself and the world around you.
- **Self-Discovery and Insight:** Through transformative writing, you can explore your inner world, uncovering your beliefs, values, and motivations, and gaining valuable insights into your own existence.
- **Personal Meaning-Making:** Transformative writing helps you make sense of your experiences by giving them language and structure, enabling you to construct a narrative that brings meaning and understanding to your life.
- **Enhanced Empathy:** Engaging in transformative writing cultivates empathy by fostering an appreciation for the diverse range of human experiences, allowing you to connect with others on a deeper level.
- **Intellectual Growth:** Transformative writing encourages intellectual exploration, challenging preconceived notions and expanding your understanding of existence, perception, and consciousness.
- **Embodied Awareness:** By integrating the body into the writing process, transformative writing taps into the transformative potential of contemplative embodied awareness, unlocking your creative potential and deepening your understanding of yourself.

Your Guides

Dr. Whitney Strohmayer, PhD

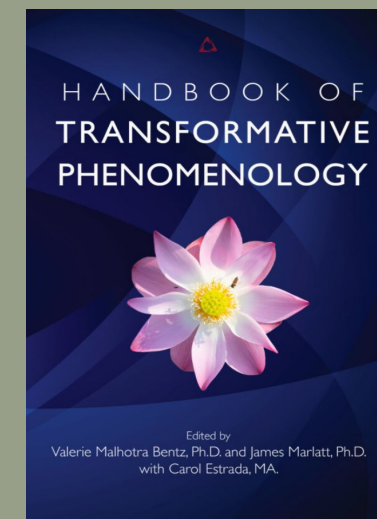
Whitney earned a Ph.D. in Human Development from Fielding Graduate University, where she remains active as a teaching and research assistant and an Institute for Social Innovation Fellow. She serves as an adjunct professor teaching undergraduate and graduate courses. Whitney also serves a certified domestic violence shelter as a community education advocate, facilitating presentations on domestic violence and human trafficking prevention.

Dr. Jim Marlatt, PhD

Jim is an Institute for Social Innovation Fellow at Fielding Graduate University. He is a phenomenologist, adjunct professor, researcher, certified executive coach and leadership development consultant, dedicated to making a positive impact. Jim has co-authored a book on personal, social, and ecological transformation.

Carol Estrada, MA

Carol is a Doctoral Candidate in the School of Leadership Studies, Human Development at Fielding Graduate University. Professionally she is a private educational coach, consultant, and tutor to neurodiverse students and their families assisting them to reach their potential in school and in life. Carol has been involved with phenomenology for the past six years, learning, coaching, writing, and facilitating workshops and courses at several universities.



Join our 13-week transformative writing course and embark on a journey of personal growth and self-expression. Through weekly Zoom calls, individual support, and the use of a comprehensive learning management system, you'll engage in collaborative discussions, receive feedback, and connect with a vibrant community. Explore the transformative power of writing, enhance self-reflection, and unleash your creativity. Enroll today and discover the potential within you through transformative writing.

What To Expect

Experience the transformative and uplifting exploration of your own story. We empower you to choose and share a significant personal experience with others. Reflect on your most meaningful, earliest and recent memories of that experience, considering aspects like time, space, senses, emotions, and relationships. We help you uncover the essence of life experience by exploring different perspectives and possibilities.

You will explore the world around you and your experience with others through different lenses. This will help you to engage with your life in fresh and inspiring ways. Our goal is to support your personal growth and self-discovery by helping you understand and embrace your life experiences. Understand your expressive writing through various reflective lenses, explore your life journey, and engage in deep introspection.

- 13-week virtual workshop for transformative writing
- Live 2-hour Zoom calls for check-ins, feedback, presentations, and discussions
- Weekly commitment of approximately 6 to 10 hours for reading, writing and collaborative feedback
- Supportive and interactive space for sharing insights and fostering community
- Individualized support and feedback for participants
- Learning management system for resources and conversations
- Approach founded on over 30 years of research & practice by Professors David Rehorick and Valerie Malhotra Bentz at Fielding Graduate University



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WHEN

Quarterly, Four times a year

13 weeks with 2-hour weekly virtual classes

4-hour weekly reading, writing, feedback

CONTACT US

[The Transformative Writing Workshop Web Page](#)



wstrohmayr@email.fielding.edu