



Finding Your Voice

presented by Dorothy Henderson

Before you put pen to paper you need:

- Writing tools: pens, pencils...whatever you love to use.
- Water
- Nibbles...have sustenance on hand, avoid distracting trips to the fridge!
- To be comfortable: where are you going to write?
- Music, if that works for you!
- Access to internet or other research materials if you think you might need it.
- A purpose: not essential, but helpful!

Journaling:

- Journaling enables you to collect thoughts.
- Include cuttings, tickets, maps, other bits and pieces that prompt thoughts.
- Try to write things down as they come to mind.

Use “the” questions:

- Who: who are the characters in your story...you, and who else?
- What: what happened?
- Why: why are you writing it? Why did the events happen? Why did you do what you did? Why are you doing what you are doing?
- Where: Where did your story unfold?
- When: When did it happen? What was the place like then?
- How: How did the events unfold? How did you do what you did? How are you going to do what you are going to do?

Write the answers to “the” questions in your journal. They will give you a base to write from.

Who are you writing for?

- Your children? Writing your story will help them know their own story.
- Your community? Writing your story may inform others and help them in ways you might not imagine.

Writing is effective therapy for lots of things: you can just write for yourself!

Writing resources

Why the Pencil is Perfect. Caroline Walker. TED

https://www.ted.com/talks/caroline_weaver_why_the_pencil_is_perfect?language=en.

13 Inspirational TED talks for writers <https://www.aerogrammestudio.com/2013/06/26/10-inspirational-ted-talks-for-writers/>.

How to Write a Memoir: 7 Creative Ways to Tell a Powerful Story

<https://thewritelife.com/how-to-write-a-memoir/>.

The Naked Truth: How to Write a Memoir.

<https://www.theguardian.com/books/2019/dec/14/the-naked-truth-how-to-write-a-memoir>.

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