



Memoir writing

Introductory talk

by

Catherine Eden

Cathy brings more than 30 years' experience as a writer and editor to her work as a writing coach. She facilitates monthly writers' circles and offers short courses in creative, fiction and memoir writing. Drawing on her background in Social Work, she has also developed programmes of journal writing for personal growth.

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Why write about your life?

We are all brimming with stories. From the hilarious to the heartbreaking, everyone has memories worth recording for future generations whose world will probably look very different from the one we have known.

Our grandparents wrote letters documenting ordinary events in their lives – precious accounts that give us a window into a vanished era. What will we leave? Instagram pictures designed to impress, presenting only a fraction of our true experience?

At this time of global upheaval and change it is especially important to write about the life we've lived, where we have been and what we have learned. By writing our stories we integrate and make sense of the paths we have taken, leaving something of value for those who come after us.

You don't have to be an accomplished writer to do this. All you need is your store of memories, a little dedication and your natural voice.

In this introductory talk, Cathy will explain the difference between memoir and autobiography, the steps to planning and choosing your content, and how to silence your inner critic and make a start.

DATE: Friday 9 September

TIME: 10:00 – 11:00

VENUE: Evergreen, Bergvliet