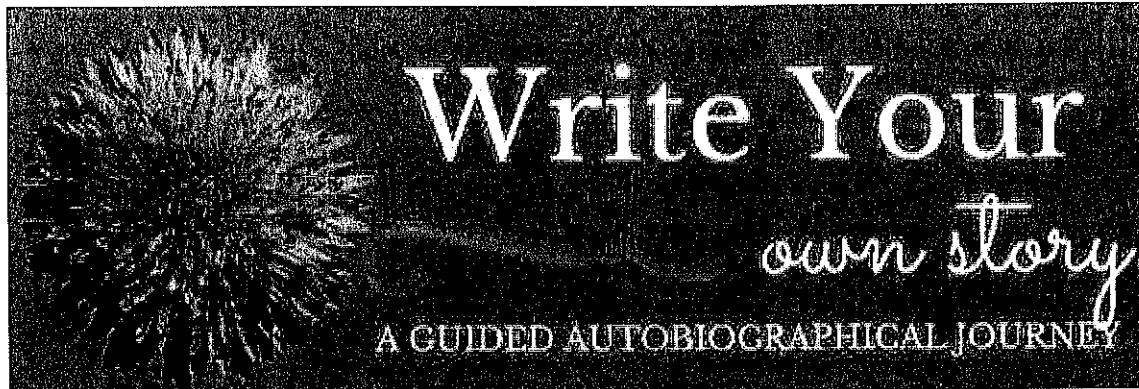


R.S.U.P. BY WEDNESDAY 31 JANUARY 2018  
TO RECEPTION.



Dear Evergreen Residents,

It is such a pleasure to invite you to an introduction to WRITE YOUR OWN STORY: A Guide Autobiographical Journey.

As some of you might recall, I visited Evergreen towards the end of 2017, and many of you expressed an interest in attending the course, but felt it was the wrong time of the year to begin.

I will be back for a second visit on the 1st of February at 3pm to answer all your questions and finalise a group.

This gentle, structured 6-week course will take you through how to record your stories. It means you will carve out the time to do it. You will leave with a written legacy for yourself or someone special. This can end up as a printed photo book, or a family treasure. Telling our own stories can be an immensely healing experience. It is a wonderful opportunity to reflect on our lives, and the things that matter to us. The result isn't only a beautiful book, but often a new perspective on our past and how to move forward.

#### **Why should I write my story down?**

- To find some meaning to your own life
- To set the record straight
- Ensure your children and grandchildren know who you are
- Preserve your family's history
- Capture a slice of history
- Leave your legacy

#### **Leave with:**

- A clearer understanding of your own life
- Around 20 to 50 pages of your life story (depending on how much time you spend writing above and beyond the sessions)

**Times:** one two-and-a-half-hour session per week

**Dates:** runs over six weeks and can be scheduled at a convenient time at your venue.

#### **Investment:**

minimum 5 people @ R1800 each for the six week course. (R300 ppps)

minimum 10 people @ R1500 each for the six week course. (R250 ppps)

**Uncertain if you can afford it?**

Have you told your children that you would like to attend? Many of my clients find that their kids are more than happy to pay for a very precious document that will stay in your family for generations to come.

I also usually save a space for one person (nominated by the group) who is underprivileged but has a story to tell and would like to join.

#### **Extra Offerings:**

Should any participants wish it, I can

1. edit their documents for them for an additional fee
2. design and do the layout for an ORMS photo book, based on their brief, for an additional fee

#### **Book Your Spot:**

Please email [anel.hamersma@gmail.com](mailto:anel.hamersma@gmail.com) to book your place, or call 073-221-7507

#### **About MEMORY MAKER:**

Memory Maker honours your life by saving your most precious memories. We do this in two ways. You can choose to tell us your story over a series of interviews, which we will capture and write down on your behalf. Alternatively we take groups on a journey down memory lane, and facilitate a process for them to get it down on paper.

#### **About the Facilitator:**

Anél Hamersma offers a variety of processes and workshops that inspire creative living. These exploratory encounters encourage us to dig deeper, be braver and uncover more of the strange and rare gems that reside inside us all; to polish them with our creativity and set them free into the world. For more about her work visit [www.anelhamersma.com](http://www.anelhamersma.com).

#### **What people are saying:**

*"I had the great privilege of having Anél sit with me, listen to my stories and capture them in her writing as the memoirs of my life. It was such a joyous time for me. Her impeccability of presence was wonderful. The questions Anél asked unlocked aspects of the story that brought about a whole other perspective of my past. I really appreciated that. It evoked the beauty of my memories, as well as sometimes the surprise of some memories that were locked away. It was a multi-faceted service and the process ended up being about much more than having something documented. It also healed something inside me and reminded me of things I had forgotten. I can highly recommend having Anél document and be witness to the very precious story of one's life. May you say yes!" - Claudia Rauber (phakalane.co.za)*

*"It's a very rare thing in life to find someone who knows how to listen deeply and without the need to analyse or interpret, or add her own view into the picture. Anél is able to listen, absorb, accept and hear someone else's story, and to then apply the skills of good writing, narrative and language, without changing the essence of it. She is able to improve it with a compassionate eye that is lacking in ego or the need to change it in any way." - Trisha Lord from Braveheart (www.braveheartlife.co.za)*

*"Anél sat with my mother and listened to her in a way that we rarely do in day-to-day life. Mom got to tell her own story, in her own way, and we have been gifted with a book that we can show her great grandchildren one day. I feel so happy that they will have the privilege of getting to know her too." - Roshina Ratnam (actress and puppeteer for ZANews)*