



Breakthrough

THE MIDLIFE MEMOIR

18 – 22 MARCH 2019

COOGEE, SYDNEY

We have two lives.
And the second one begins when
you realise you only have one.

— Mario de Andrade

THE MIDLIFE MEMOIR

Breakthrough

A life-changing, five-day live event
18 – 22 March 2019, Coogee, Sydney
with internationally bestselling author,
writing mentor and publisher Joanne Fedler



THE MIDLIFE TURNING POINT

You will wake up one day and without looking at your iPhone, you'll know that you are running out of time.

Brene Brown talks about this as the 'great unravelling.' It may turn up in our lives as depression, anxiety, contemplating divorce or a career change, joylessness, an affair (yours or your spouse's), resentment at events long-past, late-onset-lesbianism or bisexuality (OMG, that's an option?) unhappiness for no reason, feelings of irrational rage, disappointment (in ourselves, our relationships, our lay-byed dreams), emptiness, wanting to leave it all behind, directionless-ness.

In the middle of the journey of life, I found myself in a dark wood where the true way was wholly lost.

- Dante

The deepest questions of identity re-emerge to destabilize us just when we thought we had it all together.

*If you do nothing else with your life,
find one thing that you love.
Then give yourself over to it, again
and again, each time with greater
curiosity, courage and commitment,
until you become the self that was
made from loving that thing.*

- Joanne



**WHO ARE YOU?
WHERE DID YOU COME FROM?
WHY ARE YOU HERE?**

**Seriously, after all we've been through?
Trust me, you are not alone.**

In midlife, a seismic shift occurs between our past and whatever future lies ahead. Our ego-structures no longer work (who am I, again?), and we have to return to the labor of self-definition once more.

We may feel confined and belittled - by stagnant relationships, stultifying routines, past failures and mistakes. The mortgage, insurance, advertisements, Golden Globe awards, the latest Apple product – everything seems bizarre and ridiculous.

The roles and expectations we've been in service to no longer fit who we've become. Everything is too tight or too loose. We've outworn our responsibilities, graduated from our histories and outgrown the version of ourselves we've spent so long chasing.

Even our successes aren't benign – we look back with sorrow at how many doors we never opened while we chased goals of becoming 'experts' and 'specialists.' Why did having something to 'fall back on' seem more important than having a vision to live into?

We wonder, not just a little, what life has been suppressed inside us to get us to where we are.

And goddamit, we always wanted to write a book.

Dear soul, this is it.

COME AND JOIN ME
FOR THIS TRANSFORMATIONAL
MIDLIFE MEMOIR

Breakthrough

a 5-day live event in Sydney.

I will teach you how to take the material of your life – the moments that counted, no matter how shattering or modest - and weave them into a memoir that makes sense of it all.

I will show you how to take the shambles and shards of your experience and work out: what did it all mean? The heartache, the holidays, the gym workouts, the hallelujahs? What is the sum of it all, this great, rollicking, thrilling, exhausting catastrophe called 'my life'?



In this hands-on, intimate, 5-day workshop (an eclectic mix of teaching, instruction, writing exercises, meditations, ritual, sharing and other joyful activities), I will lead you to:

- ▶ find the moments you want to write about (identify the story amongst the memories);
- ▶ write about those moments so that they mean something beyond 'they happened to me' (how do we make an experience 'mean' something?);
- ▶ connect the dots between the seemingly random events of your life;
- ▶ write about yourself as a fascinating character with a character arc worthy of fiction;
- ▶ write about other people in your life in a way that is respectful, emotionally truthful and that won't get you into trouble (without hurting or defaming anyone);
- ▶ work out what makes your life tragic, romantic, heroic, comedic, dramatic and how to write those moments so they have emotional impact;
- ▶ close your fingers around the central theme of your life which makes your personal story universal;
- ▶ define the vision of life your story is in service to;
- ▶ settle on the best option for structuring your memoir (there are at least five, maybe more);
- ▶ work with the six strengths of consciousness that we all need to live passionate lives and show you how they are essential in writing our stories.

But there's more.

As we work into these craft elements, we will deepen our capacity for truth-telling, taking personal responsibility for our lives, reframing past events (especially the hard ones), being curious, courageous, finding what's funny, staying self-compassionate and developing self-trust.

PLAN (MORE OR LESS)

What We Will Cover

DAY 1: THE SEISMIC MOMENT OF MIDLIFE

What we have become is now our chief obstacle.

- James Hollis

In midlife, a seismic shift in consciousness occurs.
How do these manifest and how do we respond to them?

- ▶ Why this is the best time to be writing your memoir
- ▶ Permission to speak ... and to whom are you speaking?
- ▶ Answering the soul's call – beyond roles, expectations and other peoples' agendas
- ▶ The changes in consciousness that occur at this time of life and how to employ them to find your voice
- ▶ Excavating untold stories – renaming our experiences as valuable
- ▶ Magical, heroic and realistic thinking
- ▶ Your life as a story – where are you in that story? (And what is a 'story' anyway?)
- ▶ Unhooking from the victim-story and choosing a new narrative
- ▶ The role of archetypes in self-formation
- ▶ Disassembling who we've become to open up who we are meant to be
- ▶ What it means to 'make meaning' of an experience – writing exercise
- ▶ The reclamation of passion and Eros in writing
- ▶ What memoir is not...

DAY 2: THE SELF AS CHARACTER: UNFOLDING OUR OWN MYTH

*Do not be satisfied with the stories that come
before you. Unfold your own myth.*

-Rumi

- ▶ The obstacles that stop us from writing about ourselves and how to build the elements of consciousness for this part of the journey
- ▶ The secret to writing about yourself so that you are interesting, fascinating, sympathetic to others
- ▶ The steps to recovering personal authority
- ▶ Bodies, emotions and memories (how to use them in our writing)
- ▶ Going back to where the suffering began – naming the ghosts and gremlins of our past
- ▶ Provisional identities, projections and other peoples' expectations
- ▶ Turning points, character arcs and transformations in our lives
- ▶ Principles of storytelling in our own lives
- ▶ Using memories to create backstory
- ▶ How to write a powerful memory
- ▶ Hidden themes (how we find our themes by trawling through memories)

DAY 3: OUTER AND INNER STORIES: I ONCE WAS LOST BUT NOW I'M FOUND

- ▶ The helix of inner and outer stories
- ▶ Who have you become and is it who you want to be?
- ▶ The different types of memoir structure and which one is right for you
 - ▶ Working out a timeline (plot) for our story
 - ▶ Decoding and distinguishing the emotional journey (inner story)
 - ▶ Transformations as structural elements
 - ▶ Identifying and working more deeply into themes (and other secret techniques for enriching your story)
 - ▶ Layering the narrative for depth and complexity
 - ▶ Making the most of turning points
- ▶ The vision of life your book is in service to and how it permeates all aspects of your writing
 - ▶ Passions, obsessions and inadvertent devotions
 - ▶ The power of reframing and the six secret techniques for shifting our narratives



DAY 4: FINDING YOUR VOICE: KINTSUGI AND THE ART OF KEEPING BROKEN THINGS

I will keep broken things.

I will keep me.

- Alice Walker

- ▶ What does it mean to tell the truth? What do we have to risk to tell the truth?
- ▶ On likeability and risking being unliked or unpopular
- ▶ The architecture of vulnerability and the gifts of self-revelation
- ▶ Incorporating loss and failure in our concept of self as a way of becoming whole
- ▶ Shames, screw-ups, hurts and betrayals
- ▶ The quality of consciousness that helps us access our voice
- ▶ Risk-taking in writing (what does it mean? What does it look like?)
- ▶ Spinning straw into gold and making sweet honey from old failures
- ▶ How to work with imperfection, impermanence and incompleteness to transform fear and suffering into golden arcs of storytelling
- ▶ The bridge between the personal and the universal and how to cross it
- ▶ The takeaway for readers and how (and why) to hide it once you've found it

DAY 5: LETTING THE SOUL SPEAK: THE SHAPE OF SHADOWS AND THE BEAUTY OF DRAGONS

Perhaps all the dragons of our lives are princesses who are only waiting to see us once beautiful and brave. Perhaps everything terrible is in its deepest being something helpless that wants help from us.

- Rilke

- ▶ Beyond cliché, nostalgia, sentimentality and happy endings
- ▶ What is 'truth' in memoir? What is your truth? How to write it so it lands as truth. When is it okay to cheat and tell white lies in memoir?
- ▶ The ethics of writing memoir (writing about other people, chronology, making stuff up, merging identities, blurring facts, inventing dialogue, imagining things that may not have happened)
- ▶ Befriending the shadow and finding a place for it in your memoir
- ▶ Journey into paradox and ambiguity – the ones we are ready to embrace
- ▶ What is your soul story?
- ▶ The un-lived life finally lived. At last.

ABOUT ME

After a successful career as an internationally bestselling author of ten books, I turned my attention to helping other writers. In the past seven years, I've facilitated 12 writing retreats all over the world, mentored hundreds of writers (both face to face and in my online writing courses), set up my own publishing company Joanne Fedler Media and published four debut authors (with many lined up to follow).

I'm passionate about publishing midlife memoirs and I know how to help people succeed in reaching their goal to become a published author.



Joanne Fedler
— MEDIA —



WHY YOU SHOULD JOIN ME

I believe that your life story is a reflection of your consciousness at the time you wrote it. That's why I teach writers to work inwardly, to keep expanding the container of their hearts and souls, so that the meaning they give to their experience is the murmur of a mature sensibility, not the grumblings of a soul trapped in the past.

If our lives have meaning, it is that we are here to alleviate the suffering of others. Who do we have to become to write the story of our lives so that it does just that?

By joining me for this unique 5-day workshop, you will:

- ▶ learn to honour yourself and trust your story;
- ▶ begin to make sense of your life;
- ▶ find your unique writing voice;
- ▶ leave a legacy;
- ▶ get clear on your values and vision for your life;
- ▶ learn to listen to your inner voice and trust your intuition;
- ▶ align with your life's purpose;
- ▶ take responsibility for your life and stop feeling like a victim;
- ▶ create a map of your own consciousness;
- ▶ start to let go of the drama and pain of the past as you make meaning of it;
- ▶ own your power to transform – not the past, but how you feel about it and what meaning you give to it;
- ▶ help others – your story could change someone's life;
- ▶ feel connected to yourself in a new way;
- ▶ believe that your life matters;
- ▶ feel enlarged – part of the great family of humanity, no longer alone and isolated;
- ▶ feel like you finally belong to yourself, to your life, to this world, to your story;
- ▶ feel awake in your own life.

After five days, your life will feel exciting, purposeful and meaningful. What felt impossible will become possible. You may even transform in ways you cannot yet conceive – the process is also mysterious

WHAT YOU GET

- ▶ My undivided attention and deep commitment to you for five days (35 hours) in an intimate group where I will teach, facilitate writing exercises and group processes, give you feedback and answer all your questions (hugs will be involved);
- ▶ A workbook of the best materials I have collected over a decade of teaching writers to work with their stories;
- ▶ Complimentary access to my online course 7 Tricks to Writing Your Story (valued at \$247) including an 80 page workbook, to which you will have lifetime access.
- ▶ A free, signed copy of my book, Your Story: how to write it so others will want to read it, published by Hay House;
- ▶ A free copy of the Your Story workbook;
- ▶ A few surprises – because what would life be without them?
- ▶ The opportunity to become 1 of the 4 writers I take on to mentor and publish in 2020 (by application only and for those serious about investing in their writing journey and the outcome of publication with Joanne Fedler Media).



WHAT WRITERS WHO HAVE WORKED WITH ME SAY

I feel so blessed to have worked with Joanne Fedler Media (JFM) to publish my first children's book. Joanne and her team were extremely diligent in responding to and meeting my every need and offered a safe and welcoming platform to learn and understand the process to publication. I felt like an integral part of this cohesive and highly skilled team of professionals, who have been just as enthralled and excited about the process as I have. Joanne has been a sound of reason to break down my own self-limiting beliefs and I've felt incredibly supported. I can only hope that JFM are willing to publish my future books.

– *Tanya Sabba*, debut author, *The Adventures of Kenzie-Moo*

I began working with Joanne Fedler in 2016 when I went on a writing retreat with her to Fiji. She helped me go from a person who had never journaled to a person who had written a memoir. With her mentoring help, I did many rewrites until I went from having a basic idea of what I thought a memoir should be, to a manuscript ready for assessment. Sooner than I expected, I took the step to publishing with Joanne Fedler Media. Joanne oversaw everything as if it was her own book coming out. The team at Joanne Fedler Media guided me through each step of the way. Each step of the publishing journey that I have taken has confirmed that for me, this is the only publishing team I would want to work with.

– *Xanti Bootcov*, debut author, *But They Look So Happy*

A fire has been lit, a fire that will not settle. It will not die down. It will not go out. I cannot pretend it does not exist. And I thank you for helping it to stay alight in the face of the wind, and rain and life. I will be forever grateful.

– *Kylie*, Author *Liftoff Alumna*

With courage, curiosity and a suitcase of dreams, I stepped into this journey. Steered by guide extraordinaire, Joanne, I have ventured through memories, and beyond my wildest imagination -- to this space; where the currency of exchange is unconditional love, and home is a community of gentle wisdom.

– *Maggie*, WYFD Masterclass

Joanne's teaching and mentorship of the writing process awakened a deep sense of who I am, and who I was always meant to be. Her knowledge of the writing craft is exemplary, but her compassion and awareness for the personal journey we bring to our own writing, makes her classes unique, inspiring and life-changing.

– *Simone*, WYFD Masterclass

Through Joanne's teachings of consciousness, our tribe has allowed, without judgment, a safe environment for me to bare my soul. This was a huge healing for me. (For this I have no words to offer only, my heart).

– *Bev*, WYFD Masterclass

I don't know anybody who has had such an enormous influence on my life in such a short time. Thanks to you, I am actually writing my story now. I know it will take a long time, but that doesn't matter. I have learned so much and you have given it to me with such graciousness and love. It takes a very special person to help so many people, I am blessed to be one of them.

– *Liesbeth*, AAA Alumna

I awoke to who I really am, what I really want, how I can go about getting it and what I must develop within myself in order to succeed in completing my book.

– *Bindi*, WYFD Masterclass

DETAILS

The live event will be in the beachside suburb of Coogee, Sydney, and is non-residential, so you can budget or splash out on the most cost-efficient or luxurious and decadent accommodation in Sydney (spare room at friends or family, Airbnb, the Sheraton, whatever works for you).

DATES

MONDAY 18 – FRIDAY 22 MARCH 2019

**THE WORKSHOPS WILL RUN
FROM 9.30AM– 5PM EACH DAY.**

VENUE: The Coogee Legions Club

Coogee Beach, Sydney



YOUR INVESTMENT

OPTIONS

5 Day Transformational Live Event

VIP - 5 Day Transformational Live Event plus feedback and a one-on-one session with Joanne post-workshop

LIMITED TO 4 writers who redeem these spots first

FULL UPFRONT PAYMENT

In Australian Dollars (excludes GST where applicable)

\$4750

OPTIONAL additional \$550 for 20 pages of feedback on your writing outsourced to professional manuscript assessor approved by me
(TOTAL \$5300)

\$6150

Includes feedback on 20 pages of your writing by Joanne post-workshop (including a 60-minute one-on-one mentoring session with Joanne)

TWO EQUAL PAYMENTS

In Australian Dollars (excludes GST where applicable)

\$5500

split into 2 equal payments of \$2750 each
OPTIONAL additional \$550 for 20 pages of feedback on your writing outsourced to professional manuscript assessor approved by me
(TOTAL \$6050)

\$6990

Split into two equal payments of \$3495 each
Includes feedback on 20 pages of your writing by Joanne post-workshop (including a 60-minute one-on-one mentoring session with Joanne)



Your investment covers the workshop, all materials, teas/coffees and snacks. You are responsible for your own accommodation, transport and meals.

Numbers are limited to 20 writers on a first-in basis. There are only 4 spots available in the VIP package (both options).

PLEASE FOLLOW THESE STEPS TO REGISTER

- ▶ Fill in the application form on our website **here**.
- ▶ Then complete payment on the website via Stripe or PayPal.
- ▶ We will be in touch with you to confirm your place.
- ▶ PLEASE DO NOT BOOK FLIGHTS OR ACCOMMODATION UNTIL WE SEND YOU CONFIRMATION OF YOUR PLACE.
- ▶ Please make sure to get your own travel insurance when making your travel plans.
- ▶ We're unfortunately unable to offer refunds within 30 days of the live event.
- ▶ If for any unforeseen reason we have to cancel the event, we will refund you the cost of the workshop in full.

The aim of this 5-day transformational event is to help you navigate this midlife turning point and to begin to find the story, the voice and the legacy that your life has to offer others.



Are you ready to take on
the largeness of your own journey?

