

E. Claudette Freeman Literary Services Arise, Write, Release Center Schedule of Courses

Sessions listed start first week
in September 2010

TELECLASSES

MORNING HOUR JOURNALING

This class offers a wonderful introduction to using writing/journaling as a way to cope with life's challenges. The session is writing intensive and a charge to the think-life process. Attendees are delicately encouraged to write words of release, words of forgiveness, affirmation and prayer. They are also encouraged to begin forming their own life yearbook.

1st and 3rd Tu, 7:30am - 8:30am

1st and 3rd Tu, 10am – 11am

LITERARY COACHING

Over the last few years the idea of working with a coach has become widely acceptable. The Arise, Write, Release literary coaching groups offer students the opportunity to not only get creative writing basics, but writing instruction formulated from workshops taught by some of the best authors, producers and actors. Each coaching group affords writers the opportunity to craft their own work with careful attention to the work and the author.

Class 1: 1st and 3rd Tu, 5pm – 6pm

Class 2: 2nd and 4th Tu 9pm – 10pm

Class 3: 1st and 3rd Sa, 6:30am – 7:30am

Class 4: 2nd and 4th Sa, 8am – 9am

LITERARY LIFE ENGINEERING GROUPS

Literary Life Engineering Groups are similar to mastermind groups, with an emphasis on employing writing skills and philosophies to the developing and birthing of personal vision and effective life strategies.

2nd and 4th Th, 8:15am – 9:15am

2nd and 4th Th, 9:30am – 10:30am

DETOX YOUR LIFE

This class is an amazing and revealing series that challenges us to detoxify our mental, intellectual and spiritual selves much the way we do our physical bodies. In the course of the class we will look at the total of things in our lives as objects that are subject to assessment for detoxifying, altering or holding dear.

The session features upfront and real challenges to name your to-be-detoxified objects and examine why they are so strong in your life and why they have existed for so long.

Group 1: 1st and 3rd Th, 9pm -10pm

Group 2: 2nd and 4th Th, 9pm – 10pm

RELEASED AND REFOCUSING

This class is a combination of the Morning Hour Journaling and Detox Your Life sessions.

1st and 3rd Th, 7:30am – 8:30am

Teleclass sessions run 8 weeks and are 60 minutes. Class sizes are capped at 7 students. Class call in link is provided each month only to students whose tuition is current. There is a \$15 non-refundable registration fee. Semester tuition is \$40 per month. Amount required at registration: \$55.

For info, please call 877.207.2442.

TO REGISTER,

www.soeincorporated.com/happenings.aspx

