

Restorative Journaling with Jackee Holder

Putting Pen To Paper - How to Use Journal Coaching to Empower Clients' Thinking

Journal coaching is much more than simply putting pen to paper. This workshop will help you structure how you work with journal prompts in a generic coaching session. You will be introduced to the ReflectWrite methodology and key skills and considerations for journal coaching. You will learn how to hold the process as well as how to facilitate mini moments of journal coaching in 1:1 coaching sessions.

Restorative journaling brings together the evidence-based studies of expressive writing and reflective writing to generate creative thinking space on paper which are client led in the coaching and supervision space.

Research studies confirm a wealth of benefits of journaling and expressive writing as tools for personal and professional growth, alongside increased emotional awareness, greater clarity of thinking and understanding as well as a host of health and wellness benefits.

This is a hands-on, interactive session designed to give you practical experiences of standalone journal coaching activities alongside examples of how to introduce and work with journal prompts and exercises in the coaching space.

By writing in action you will discover why restorative writing can be applied in short sprints and still add value. Together we will explore how to use restorative journaling in a way that lets coachees gain insights and different perspectives through mining their own material. You will discover how using this approach supports both coach and coachee to engage with 'deep work' through building and crafting an ongoing restorative and reflective writing practice.



Jackee enjoys a multi-disciplinary portfolio as a leadership coach at executive and board levels, as a coach facilitator on a series of corporate leadership development programmes and as a speaker/expert promoting the health and wellbeing benefits of journaling, expressive writing and nature wellness.

She is the author of various non-fiction titles (including *49 Ways To Write Yourself Well* and *Be Your Own Best Life Coach*) and two illustrated nature themed journal writing maps (*Writing With Fabulous Trees* and *Re-*

Wilding The Page Writing Maps).

In 2016 Jackee self-published the Inner & Outer Nature Self Discovery card deck, a collection of 49 nature-inspired journal writing prompts bringing together the benefits of nature and therapeutic writing.

Jackee's writing has been published in several anthologies including: The Big Book Of Journaling, Transformational Journaling For Coaches, Therapists and Clients; The Creativity Workbook For Coaches and Creatives; Inside Creativity Coaching and 101 Coaching Supervision Techniques, Approaches, Enquiries and Experiments.

Jackee is regularly featured on podcasts and global summits. She currently pens a monthly column, Write To Flourish for Psychologies Magazine, the UK's best-selling emotional wellbeing magazine.