



JOURNALING FOR SELF-DISCOVERY

Discover the transformative effect of journaling

Journaling is a place where you can go to figure things out. Journaling is the archeology of your life, When you reveal yourself on the page to yourself, you can reveal yourself to the world.



Journaling offers participants an opportunity to explore their inner life and make changes to their outer lives, gain greater self-awareness and personal growth. In this workshop participants get ideas, prompts, techniques and tips to enrich and enhance the journaling experience.



Aida Johnson-Rapp She has been a professional dancer, soldier, cheerleader for the Chicago Bulls, Director of Student Recreation at a University, and Special Events Coordinator for the Mayor of Chicago—and she has trained and performed improv and storytelling on stage at The Second City in Chicago. She is the CEO and Founder of Aspire to Harmony, a company devoted to creating rituals for cycle of life celebrations, weddings, movement, wellness and workshops that support mindful solutions for living your best life.

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Aida offers other workshops including, 'Storytelling', 'Improv and Improve', team building retreats and several more.

Go to Aspire2Harmony.com for more information