Getting Lost on Purpose: An Introduction to the Learning Journal
TAWC2982

Writing practice is one way to access your core, hear your voice and listen to your life by letting something write itself through you. The journal comes closest to reproducing how people really think and how consciousness evolves. It can be a refuge from literary expectations and restrictions that are so much associated with education and work. Immune from the rules of content and style, journal writing is a complement to other types of writing (and qualitative research traditions as both an asset and a source) and leads to deeper insights and personal responsibility.

More than a mere record of events or self-involvement, it is a practical tool that enables us to know ourselves better. This is one sure way to listen to your life by letting it write you and then the journal becomes a powerful creative sourcebook that can enhance your visual literacy as well as self-direct your learning while inviting a playful and unconventional exploration to know yourself more deeply.

Facilitator: Hilary Leighton is a natural leader bringing authenticity, compassion, and enthusiasm with a grounded realism and soulful sensibility for shared success. A tireless advocate for a sane society, she studies and teaches Ecopsychology and Depth Psychology at the doctoral level. Hilary is MBTI Certified, holds a M.Ed, Curriculum and Instruction, is an Integrated Body Psychotherapy Practitioner and teaches Laughter Yoga. As Director of Continuing Studies at RRU, she derives great satisfaction from the generosity of teaching, encouraging, and serving others.

Length: 1 day
Date: Sat, Oct 27, 2012
Time: 10am - 4pm
Cost: $95 + applicable taxes
Best to Register by: Sat, Oct 13, 2012

To Register:
Register online at http://cstudies.royalroads.ca/ using a major credit card; or by telephone, Monday to Friday, 8:30 a.m. - 4:30 p.m. at 250-391-2600, ext. 4801; or Toll Free at 1-866-890-0220. Or, come by in person to the Continuing Studies office at Grant 117, 2005 Sooke Road, Victoria, BC, Canada V9B 5Y2.