Creative Memoir Programme

01 Introduction to Memoir Writing – *6 February*

02 Crafting Compelling Life Stories – *8 February*

03 Creative Writing Made Easy: Tools & Resources – *12 February*

04 Moving In & Around Life in Memoir – *16 February*

05 Navigating Challenges in Memoir Writing – *18 February*

06 Transforming Your Travels into Stories – *20 February*

07 Using Social Media to Share Travel Stories – *21 February*

08 Publishing Pathways – *26 February*



852 PRESS

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Resources Available

- Entire Programme guidebook (PDF)
- Individual workshop guidebook (word.doc)
- Workshop presentation slides
- Self-Publishing Guidebook

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01 Introduction to Memoir Writing

- Memoir and autobiography defined.
- Motivations for writing memoir and family history.
- Where to start and how to map your project.




Biographies
McMASTER + JAMES CLARKE HOOK
SPRING TIDES
BEE GEES
Children of the World
BOB STANLEY
ROGER FEDERER
TAN FRANCE
Wolf Hustle
MICHAEL FRAYN
TOUCHING MY FATHER'S SOUL
NELSON
PURE WIT
THERESA MAY
OH MIRIAM!
MY FISHING
Biographies
PAT IN THE CITY
Patricia Field
RANULPH FIENNES
ENZO FERRARI
LUCA DAL MONTE
EINSTEIN
IN TIME AND SPACE
SVEN-GÖRAN ERIKSSON
A BEAUTIFUL GAME
A VOYAGE AROUND THE QUEEN
CRAIG BROWN
A Royal Life
HRH The Duke of Kent & Hugo Vickers
EDWARD ENNINFUL A VISIBLE MAN
Hilary M
IAN McKEL
THE FA
TOUGH
Sleeping on
STRA
Risotto with Nettles
Drake
STEPHEN COOTE
PAGES FROM MY PASSPORT
AMELIA DALTON
SEARCHING FOR NOVAK
MARK HODGKINSON
Comfort Eating
Grace Dent

What is Memoir?

Highlight reel – focusing on specific periods, or themes in your life, told from your perspective.

Why do you want to write your memoir?

Who is it for?



Mapping your Project

Where does your story start?

Where and when did it happen?

Why do you want to start here?

Why is it the most fitting or significant place to start?



Three Act Structure

A great story has a:

1. **Beginning** (*the setup and inciting incident*)
2. **Middle** (*rising action, midpoint, and escalation of conflict*)
3. **End** (*climax, falling action and closure*)







Unearthing Memories

- Photo albums, documents, letters & keepsakes
- Conversations with family or friends
- Sensory triggers (smell, touch, music)
- Journaling
- Mind Mapping



Writing Exercise

Childhood Place

Write about a childhood place that holds a special memory for you.

Write a paragraph and evoke your memory – show us, don’t tell us.

Coming Up

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Writing Exercises



Get journaling!

It's a tool for self-reflection and emotional release, preserving memories and generating ideas, and tracking progress and enhancing writing skills.



Object

Think back to a childhood memory or meaningful object.

Describe it using all five senses (sight, sound, smell, taste, touch).



Place

Write about a childhood place that holds a special memory for you.

Write a paragraph and evoke your memory – show us, don't tell us.



Point of View

Select a moment in time from your life and write a short scene or sentence from your view and then write the scene again from another character's perspective.

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