



WRITE TO THRIVE

Write to Thrive is—

a **reflective and creative writing-based enterprise**, run by Lucy Flood and Matt Daly, that shares diverse writing practices grounded in current research on the benefits of expressive writing for wellness, engagement and productivity. We work with diverse audiences of individuals and professional communities to create writing-based activities and experiences that help people thrive.

Our intention is to help people live more fully, more joyfully and elegantly, using reflective and creative writing to foster new growth and self-nourishment.

The programming is currently grounded in a journal called **Emerge: An Interactive Journal to Help You Face Challenges and Thrive**, and contains eleven writing invitations we have crafted during the course of multiple workshops. These invitations allow for deep reflection and creative engagement for people emerging from challenging experiences.

A Write to Thrive session includes—

- A short **welcome and orientation** to a reflective and creative writing practice
- **Guidance through a writing prompt** that begins with reflective writing which can be crafted into a shareable creative piece
- **Questions and answers** about prompt-based reflective and creative writing practice
- **Suggestions for how to establish a writing practice** as an aspect of individual wellness efforts and/or as a team-building experience
- **Facilitation of sharing creative work** with positive participant responses

Lucy and Matt—

have been writing partners, coaches and friends for more than a decade. While teaching and coaching others, in their own writing partnership they discovered that guided reflection and creation helped each of them live and work more fully. They have developed **Write to Thrive** in order to share the work that they know, from both research into expressive writing practices as well as their first-hand experience, can help you feel better equipped to emerge from recent challenges with a sense of well-being, joy, and enthusiasm for the next chapter.

