

## Writing Progress Pathways with Aimee

While what we do together is extremely individualized and based on both your needs and goals, these Progress Pathways represent some of the writing journeys that past clients have taken with me. These examples should serve as a jumping off point for creating your own progress pathway, but they can give you an idea of what you can expect from working with me. Keep in mind that you may not see yourself as a “Poet” or a “Publisher” YET. But maybe you’ve always loved reading poetry and secretly wanted to try your hand at writing some. Or, perhaps you’ve always *hated* poetry since you were forced to analyze stanza after stanza in high school and you want to see if the years have changed your opinion. (Also keep in mind that Emotional Writing is NOTHING like what you did in English class. So, don’t be scared!)

Choose your own adventure -- pick something you feel at home with, or something that will stretch you. Either way, I promise you’ll rediscover your passion for writing

### Offered Modalities

I offer both in-person and Zoom (video conferencing platform) writing sessions. While I think the face-to-face interaction is extremely valuable and my favorite part of being a writing coach is interacting with clients, I also know that life is busy and Zoom conferencing allows us to be more flexible in finding time to write and you can even be in your pjs in the comfort of your own home! Zoom conferencing is especially suited to The Publisher and The Diarist pathways as those two options use me more as a resource and coach while you write on your own time.



You can also choose how long of a session works for you. I offer a 45-minute session for \$55 or a 60-minute session for \$75. 60 min sessions work best for clients who want to carve out a time write together; the longer time allows us to work with a prompt and then spend time talking and reflecting about it. Shorter sessions are better for writers who would prefer to write on their own but also want the guidance and accountability from a writing coach.

**The Diarist**  
(recommended 2-4 sessions)



It is always the right time to start a journal! Studies show that journaling can boost your mood, self-esteem, and overall well-being. Even more importantly, when effectively implemented, journaling can help us work through traumatic issues by processing those difficult experiences. Emotional writing is so much more than chronicling your daily activities. Let me help show you how to cultivate a habit of transformational journaling through guided prompts and exercises. I also have experience with bullet journaling, art journaling, and gratitude journaling.

**The Publisher**  
(recommended 4-6+ sessions)



Do you already have a piece you're working on? Or do you know what kind of writing you want to do and what audience you want to reach? Then this path is for you, the Publisher! I have worked with individuals on blog posts, magazine articles, books, you name it. I can help you with brainstorming, drafting, editing...whatever will help you reach your goals. This pathway is especially well-suited for shorter session and Zoom conference sessions, as you will be doing much of the writing on your own time and I will be assuming more of a mentoring role.

**The Poet**  
(recommended 3-6 sessions)



This pathway takes you through a crash course in poetry writing that encourages you to experiment with many different forms and styles of poetry. Structured poetry writing can reveal amazing insights into your emotions and experiences. If you're more into free-form poetry we can work together on using more descriptive, precise language that more authentically expresses your thoughts and emotions. At the end of this pathway, you will have written and revised a portfolio of at least 3 pieces of poetry. One way to further enhance this pathway is to work with Theresa and illustrate your poems or express the themes of your poems in a visual medium!

**The Storyteller**  
(recommended 3-6 sessions)



If you're struggling to express an event or experience, this pathway is for you. Over at least 3 sessions, we will work on how to construct a narrative of your experience to help give a voice to the emotions you're feeling. This process works especially well for clients working through traumatic events. You can repeat this pathway multiple times for different events. At the end of our time together, you should have a cohesive narrative that empowers you to make sense of the jumbled mess of images and emotions.

**The Peacemaker**  
(recommended 3-5 sessions)

This pathway focuses on repairing fractured relationships or finding peace with relationships that cannot be restored or maintained. Through a series of various exercises like letter writing, exploring point-of-view, dialoguing, poetry writing, you will be more prepared to forgive yourself and others for the shortcomings and flaws we all possess. I find that the process is most effective when you focus on one relationship at a time. You can repeat this pathway as needed for different relationships in your life.

**The Dreamer**  
(recommended 3-5 sessions)

For some of my clients, goals and intentions seemed hopelessly out of their reach. Whether it is in your personal or professional life, writing can help you safely explore multiple options and perspectives allowing you to problem solve and imagine possibilities. Through free-writing, guided exercises, even dialoguing and play-writing, we can work together to make your dreams into an achievable, incredible reality.