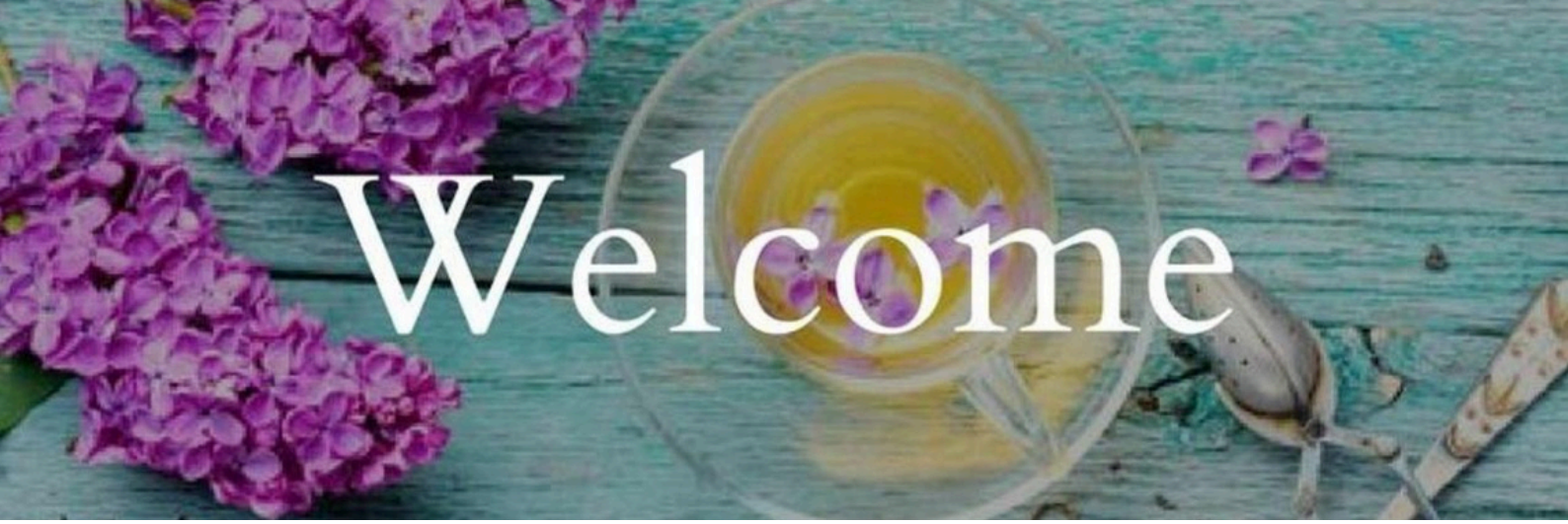

Embrace
YOUR STORY
7 ESSENTIAL STEPS TO WRITE WITH POWER AND EASE
+ 10 WRITING PROMPTS + GUIDED AUDIO MEDITATIONS
NADIA COLBURN, PHD



Welcome to Embrace Your Story!

This transformative guide is designed to help you transition into more easeful, connected and powerful writing, creativity and overall well-being.

Here's what you'll find while exploring these pages:

📝 An **introduction** to rethinking authorship and the authority of your voice

📝 The first **7 steps** for creative alignment from the Align Your Story toolbox

📝 **Practical exercises** towards writing with more ease and connection

📝 An additional **10 writing prompts** to continue expanding your work

📝 Two 15-min **audio meditations** followed by guided writing sessions

Thank you for choosing your own healing and growth journey. I hope this guide meets you at the perfect time in perfect way. Let's get started, shall we?

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Introduction

Hi, I'm Nadia Colburn!



I'm so glad to "meet" you here and share some of my techniques for writing so that you can embrace your full story and your full authority as a writer and person!

I do this work because I believe that everyone's voice matters.

I am a poet and memoirist and teach and coach both professional writers and people completely new to writing, and I notice that, wherever one is along the writing journey, there is almost always a point at which real self doubt comes in and the writer starts to get in his or her own way.

I want to give you the tools to access the fullness of your creative voice from a place of both power and ease.

Yes, power and ease. Usually we don't think of those qualities going together, but if we find our connection—with ourselves and with others—then ease and power go hand in hand because we are writing from our center. To be honest, it took me twenty years to really trust in this process myself.

I had my B.A. from Harvard and Ph.D. from Columbia and was being published in places like *The New Yorker*, but even if things looked good on paper, I felt neither real power nor real ease. And though my writing was outwardly successful, I knew there were

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bigger things I wanted to write and create. But I didn’t know how to manifest them. Something was blocking me from really moving forward, and I often felt anxious.

I needed to slow WAY down and go deep inside before I could come out of the anxiety and re-integrate. I needed to attend not only to the words on the page, but also to what was beneath the surface. My writing was definitely a big part of this process, but my writing alone wasn't enough. I needed other tools, too. Yoga and meditation, in particular, helped me begin to tune into myself, unearth my story, and heal. In turn, my writing transformed.

Today, I bring modalities together in my teaching of writing so that you don't need to feel scattered, but instead can do the powerful integrative work with support that it took me years to do.

I want to help you embrace your fullest voice and potential.

We live in a time that is largely out of balance. It’s all the more important that we find our own center, trust in ourselves and develop our authentic creative voices.

It's been so exciting and fulfilling for me to see how this work has helped thousands of students and clients get through blocks and finally create the work they have always wanted to create.

In this book, I'm sharing seven of the first steps to claiming your full authority, vision and voice. I don't intend for you necessarily to read through this book in one sitting, but rather to use this as a resource you can come back to again and again.

I'm delighted to meet you on this journey! I hope to get to know you and to watch what you create!

Love,



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Understanding

First some background:

Did you know that the word "author" has the same root as the word "authority"?

Both words come from the latin augere, to increase, to originate, to promote.

So when we talk about authorship we are talking about authority; we are talking about the ability to "originate" or make something bigger.

For the past several millennium, the authority figures and authors have primarily been male. Things are changing, but most of us have grown up with a pretty lopsided story about authority and how things "originate."

I want to help balance that story for all of us.

Women and men are originators. And things are originated not only through the mind, but also through the body.

From our experiences as young children, we're given subtle and not so subtle messages that only some people have authority and the right to be heard; that only some forms of speech or knowledge are okay.

This obviously has dangerous political implications, and it's no surprise that the first thing a dictator wants to control is media. But in some ways the political implications are just a symptom of a deeper imbalance.

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We are not telling the right story about ourselves. We've forgotten how to see who we really are.

I believe that working with the creative process and our ability to tell stories, to use language and to create meanings, gives us the power to re-acquaint ourselves with ourselves.

If we go underneath the surface, we can get to the source of our who we really are.

Humans are creative beings.

The word "create" comes from the root form "creare" to bring forth, to bring into being.

If we block our creativity, we block our own access to ourselves, our own ability to grow and change. And we can get caught in old patterns and beliefs both in our minds and in our bodies.

Creativity is wonderful, but most of us have not been given the tools to deal with this power (partly because it's threatening to hierarchical authorities.)

It's no surprise, then, that so many writers struggle.

When faced with the enormity—and often solitary nature—of the creative process, many professional writers feel overwhelmed and unsupported. This leads to anxiety and a sense of struggle for many writers (thus the cliché of the tormented writer).

But writing doesn't need to be difficult!

I've developed a large toolbox (and also a community) to support writers and creatives in this process of authorship.

Here are just a few. I hope you'll enjoy them and the practice…

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1. Let Go of Control

If we hold on too firmly to our sense of control, we can never discover our true story or our true creativity.

Instead of driving the writing, let the writing guide you.

As Richard Hugo writes in his book *Triggering Town:*

"One mark of a beginner is his impulse to push language around to make it accommodate what he has already conceived to be the truth, or, in some cases what he has already conceived to be the form."[1]

When we write, we need to be comfortable with not knowing and with discovering. So to get the most out of your writing, let go of your need for control!

As Emily Dickinson reminded us, we can "tell the truth, but tell it slant."

Often our creative vision can be more truthful and insightful than the detailed reporting of an event. Let the mythic, the bizarre, the unexpected, the "mistakes," the mischievous, the blissful, the too large and too small... all come in!

One way to allow writing to be a process of discovery is to **think of writing as a process of listening.**

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Rather than controlling our sensations, we open to whatever arises. We get out of our critical minds and instead become welcoming hosts.

Here is a one of my favorite poems by Rumi that helps me listen more deeply to whatever arises, without judgment:

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.
Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

— Jellaludin
Rumi, translation by Coleman Bark

Try this! On the following page, you will find a few practice exercises.

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Take a long deep breath. Drop all your thoughts and focus all of your attention on the sensations of your breath. Spend a few minutes in meditation allowing the mind to focus on the breath. Simply returning to the breath if the mind wanders.

Now bring your pen to the paper (or your hands to the computer) and GO! Just GO. Don't think. Don't stop. See where you are led…

I invite you also to use the writing prompts at the bottom of the page—try a different one on a different day. Or read the poem above and then write. Or find your own favorite poem. Reading always helps writing.

I invite you to use the guided meditation at the end of this book before you write. It's really powerful to meditate before writing! Amazing shifts can happen when we do this.

I also invite you to try a short yoga video before you write. You can find videos on my website. So much creativity is in our body, and we can access that creativity if we only pay attention.

… But what if this process doesn't go as smoothly as you'd like?

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So often, when we start to write, our inner critic comes up and slows us down or even stops us altogether.

We need to look this critic in the eye, develop strategies to be in relationship with it and let it have some days off.

After all, that inner critic probably has a pretty tight relationship with that voice of “authority" that we learned about as children.

So take some time with that inner critic. Turn to it and say, *please back off for a while. You can come in later when it’s time to edit (maybe!), but for now, please let me explore on the page.*

I invite you to **take your own creative voice seriously!**

Do this not because you are better than anyone else—that’s not the point—but because you are **you**. Because **everyone** should take their voice seriously!

That little voice in the back of your heads that whispers, deridingly who do you think you are? no longer needs to have the upper hand. You can ask it to step aside.

Next time you ask yourself, *Who do you think you are?* try this as an answer:

I am a human being. I am a person with my own life, with likes, loves, hopes, a sense of justice, with my own stories, values and voice, thank you ver much and, Namaste. (Namaste

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means the light within me sees the light within you—so it's a salutation that recognizes that each and everyone of us has a precious light.) *Now please leave me alone for a while.*

I want to give you permission to get out from under the grip of that nasty inner critic and instead accept all of yourself and embrace your full story.

It's only when we are able to accept ourselves fully that we are able to shine our full light and share with the world what we have to offer.

Try this! Take a moment and reflect on these questions…

When did you get the message that your voice wasn't enough? Be specific.

Who gave that to you? How did you respond? Be specific.

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How would you feel without that belief ?

What would you write and do without that belief ?

This is a practice. If you stay with it, and come back to these questions again and again you will notice changes.

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3. Come Into Safety

As you're letting go of the inner critic, it's essential you remember that what you put on the page is NOT public.

So give yourself the freedom to explore! As Ann Lamotte says, *we all have shitty first drafts.*

More than that, we also all have those drafts where we write the things we would never say out loud, those truths that would hurt the people we love.

If we are really writing from the heart about the things that matter to us, what we write will usually involve other people— people that we love.

And if we really write about the things that were and are hard for us and the ways in which we grew, what we write might hurt and even trigger those people in ways that will jeopardize our own safety if they were to read what we wrote.

But, again, remember: no one needs to read what you write unless you are ready to share it! Put your writing in a place where no one else can access it.

Make your writing your safe place.

The first condition of healing is safety.We need to feel safe in order to heal and grow. So give yourself that safety and that place to explore on the page! It's okay to write down whatever you think and feel—it doesn't even need to be true.

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Get what you're thinking and feeling out of that whirling space of the brain and put it on paper. Get what you're thinking and feeling out of the tension of your body and let the page carry it.

Give yourself the freedom of allowing the page hold your story.

When you do, your creativity comes alive in a new way.

 Try this! Practice expressing your inner world… untamed!

Make sure your writing is in a safe place where no one else will read it. What is something that you have been afraid to say because someone else--or yourself--might get hurt if you say it? Write down the things that you are thinking that you don't dare to say. Write down just one thing. Then another.

Put it on paper so that you don't need to spend all that energy managing it in your mind and carrying it in your body.

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We can only tap into our full creativity if we allow ourselves to own our full story.

If we are protecting ourselves from parts of ourselves, we will never be able to stand firmly on our own two feet and access our full authority or voice.

The principle behind this is energetic: if we are holding part of our energy back in defense, protecting ourselves from ourselves, we can never access our full energy or power.

Not having access to this full energy makes us depressed, anxious, uncreative—and also unhealthy in our physical body.

Looking directly at our own story through our writing helps us free huge amounts of energy—and creativity.

Perhaps there are wounds in our past that we have never fully looked at. Perhaps we carry shame from childhood or have internalized other people's negative voices or beliefs about what we can do.

So many of us carry unexamined stories.

The social scientist, James Pennebaker, has researched the effect of writing our difficult stories, and the results were enormously positive: when people wrote and allowed themselves to feel their difficult stories, though they felt slightly

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worse in the next couple of days, in the upcoming weeks and months, they reported greater happiness and contentment in their lives.

Even more impressively, after writing their difficult stories, people visited the medical doctor less frequently, and experienced a boost in their immune system, so symptoms from chronic conditions like diabetes or IBS diminished and there were fewer developments of new medical conditions than in the control group.

This is powerful work!

Most of us have never been given the tools to do good inner work.

School doesn't give us these tools. Therapy can help. But therapy often pathologizes normal human experiences. The assumption is there is something "wrong." But EVERYONE needs help and support in looking at and owning their full story.

Spiritual practice can help, though often the point of a spiritual practice is to put the self aside, not understand it more fully. And usually spiritual communities usually don't have the resources to listen deeply to each individual.

Creative writing is one of the few outlets in our society for people fully to explore their stories. But even professional creative writing programs don't give people these tools--far from it.

Most writing classes look at the words on the page, but have no tools to help you look at what you haven't put on the page or to help you process the more difficult emotional experiences you may be writing about. In fact, writing programs often dismiss this kind of internal work.

This is why I created my programs differently.

I created my writing programs to support product and process, both what's on the page and the inner work to get there.

I believe that no work is more important than understanding and embracing our own stories. As Brene Brown says, *Owning our story and loving ourselves is the bravest thing we will ever do.*

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Perhaps it's no surprise that there aren't institutional supports to help us in this courageous work (the root of the word courage is the Latin cor, heart).

If we own our stories and love ourselves, then we step into our full power.

We start to follow our own lead. We start to listen to our own voice.

This is threatening to the powers that be; hierarchical structures prefer that we play small and stay anxious, that we don't trust ourselves.

But we're not going to stay small!

When we own our own story, we have the tools to reframe it and become loud, creative voices and visions of change.

Brene Brown writes: "When we deny our **stories**, they define us. When we own our **stories**, we get to write a brave new ending."

Owning our full stories can make us visionary change makers.

In my work with clients and in my classes, I give you the tools and support to embrace your full story and write that new ending. You can also start right here, where you are.

Try this! Below and on the following page, practice these exercises!

You might want to use the meditation at the end of this book to help you ground before you try these exercises. It's so important that you feel safe and grounded.

What is a difficult experience that you have experienced? You don't need to choose the most difficult one. Give yourself the space to explore gently.

Take a few breaths and/or practice with my audio meditation.

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Then write about that difficult experience. As you write, stay connected to your breath and your body. Allow yourself to feel what you feel. Get out of your head and write from your lived experience. Write for 5-15 minutes.

Take a break. Now ground and breathe again. Listen to the meditation again or follow your own 5 minute meditation.

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Come back to the experience you were writing about. Now imagine that you are in the same space, but a new window is opening. A shift is occurring. There is more light. Are you ready for any shifts?

Describe the same experience, but now allow yourself to feel new possibilities and openings. Do you want to go deeper? Trust the process and see where you are led. Write for another 5-15 minutes.

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5. Reconnect with Yourself

In order to embrace our full story, we need to give ourselves a wider field of perception and a larger container for self acceptance.

Meditation helps you find within yourself a lager container to hold your whole story so that you don't need to hide from any parts of yourself and can access your full range of emotion and creativity.

Learning to sit peacefully with ourselves is one of the most important steps to finding that inner safety that we need to heal, grow and step into our potential.

Meditation teaches us to be with ourselves, to become our own best witness.

Meditation allows us to get out of our own way. We clear the cobwebs of our own mind. We step out of our habitual thinking and anxiety.

Meditation also helps us reconnect mind and body. So often when we write, we write only from our head. Bringing our attention back to our breath in mediation, we re-integrate mind and body. We reconnect with our own life force and power.

When I lead a writing class, I usually offer a three to five minute meditation before giving my students a prompt and time to write. I’m always amazed by how powerful just a short meditation can be.

After meditating, my students are able to write with a clarity and power that often astounds me—and them! They often weren't aware that they could write with so much force.

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If you don’t have meditation experience, don’t worry about meditating the "right" way. There is a study that I think is pretty cool: a group of college students who had never meditated before were given a one day training on meditation.

They then were given the task of instructing meditation to groups of elders in nursing homes. These elders then meditated for a short period each day for several weeks.

The results were dramatic: the elders not only felt better but they had marked improvement in indices like blood pressure, diabetes, energy level, visits to doctors and more compared to their indices in those areas in the months before meditating.

If you find meditation challenging, please know that you are not alone!

For some people who don't have experience meditating, silent breath-focused meditation can be very difficult and anxiety producing. This was the case for me for a long time.

My body (and mind) held unprocessed trauma that I didn't have the tools to deal with, and when I sat down in meditation the trauma threatened to come up to the surface.

I needed to get into a meditation practice slowly. I found chanting and yoga helpful mindful practices to release the trauma and fear and allow myself to really sit with what is.

Get supports and be patient. There are many practices, so find the ones that work for you and stick with them. Shifts will happen.

I offer two different audio meditations you can try: 1) a silent breath meditation and 2) a guided meditation that can guide you to stay open.

Try them both and see which works for you—or use different meditations on different days.

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Maybe you're thinking this all sounds good, but you just don't have the time to meditate.

If you have only fifteen or twenty minutes to write, you might worry that you don't have five minutes to "waste" on meditation.

But trust me: if you meditate for five minutes and then write for ten minutes, you'll get more done and articulate more directly what you want to say than if you sit down and write for twenty minutes—and you're more likely to surprise yourself with new insights and brilliance. *(More insights on time to come…)*

Try this! Practice cultivating a mindfulness practice of your own!

Use the audio meditations included with this book before you write and see what happens! Use the ten writing prompts at the end of this ebook after the meditation.

You can explore my website for more meditations as well by following this link: www.nadiacolburn.com. It's also very powerful to even more actively reconnect with your body when you write.

Please also explore the yoga-writing videos on my website.

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6. Give Yourself the Support of Time

Okay, so we have worked with our inner critic and fears around our voice, but **finding time** may be the biggest challenge for most of us, even, and sometimes especially for professional writers, who get so caught up in projects we can forget to make time for the source of our creativity!

We have a lot on our plates.

The contemporary world doesn't slow down. Almost everyone is doing more than he or she feels is the right amount. *So how do you take the time for your writing?*

Notice I didn't say how do you "make" the time for your writing.

You don't need to "make" time for your writing –no one can make time; that phrase sets us up for failure—you need to take time.

My advice is be realistic. How much time do you realistically have to give to your writing (and we all have some time)?

Is it ten minutes a day? Well, great, make it ten minutes a day.

Is it one hour a week? Great, take that hour.

Three hours?

As I said, you have the time, you just need to take it: don't scroll through Facebook or watch that Netflix show. Or perhaps you'll have to decide not to do

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that extra cleaning or answer that email or grade that paper or write that report to quite as high a standard.

Look at your calendar and schedule your time.

Make a date with yourself and keep it.

What is important is not the quality of the work you do in that time; it's just important to show up.

Maya Angelou rented a hotel room to write and kept her appointment with herself. This is what she said about those appointments:

“What I try to do is write. I may write for two weeks ‘the cat sat on the mat, that is that, not a rat,’..... And it might be just the most boring and awful stuff. But I try. When I’m writing, I write. And then it’s as if the muse is convinced that I’m serious and says, ‘Okay. Okay. I’ll come.”—Maya Angelou

Give yourself that gift of commitment to yourself, independent of the outcome. Be patient.

I also recommend that you incorporate some meditation and movement into your writing so that you are not writing from your left brain alone with its nasty inner critic, but from your centered authority.

Breathe, do some yoga. Meditate. Walk around the room.

Stay connected to yourself as you write. Stay with your embodied self, your embodied creativity and authority.

Get clear on what is getting in the way of your creative life and your writing.

Maybe underneath the excuse of not having enough time is another worry: that taking the time for yourself is “self indulgent.”

Aren't you supposed to be productive!?

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Let me make a little detour here and loop back to the beginning, to that question of authority.

Do we have the authority to make time for ourselves, for our own voice and our own needs and vision? This is a challenge for women—and for men.

We've been trained since we were very young not to pay ourselves too much attention, and instead to look outward, to do what we are told.

So when we look inward it can feel scary or selfish and not right in a hundred other ways.

I invite you to push back against that just a little. And then a little more.

How can we do our most powerful, productive work, how can we be the people we are meant to be in the world, if we don't attend to ourselves?

How would it feel not to give your own power away… how would it feel to claim your authority and your authorship and some time for those things without needing to apologize and without needing to "earn" them?

What if, as Thich Nhat Hanh says, *you are enough just as you are?*

This is difficult to accept, but it is true: **You are enough!**

Remember how we are told to put our own oxygen mask on in an airplane before helping others? Research shows again and again that we can only help others if we can help ourselves.

We all have some time to be creative—not just to "produce"—but actually to create!

Think even of all the amazing songs that have been sung around the world by people working in fields, by soldiers doing manual labor on ships, people who had no real time for themselves, but who nevertheless were creative.

From difficulty, their creativity opened a new hope, a new meaning, a new enjoyment and connection.

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Creativity shifts the story; it opens a new frame.

So whether you are new to writing or a professional, take the time for yourself, give time to your creative life. And take the time not only for your mind to engage in creative processes, but also to quiet your mind and to listen to your body.

Listen deeply. Let go of control. Enjoy the journey.

And then when you give yourself some weekly time, again let go of your need for control: let the project go at its own pace.

It doesn't want to be rushed.

This work of looking at ourselves and inviting our full voice to come forward is important yet can feel slow... but like slow cooked food, the product is usually worth waiting for.

Allow the process to be one of discovery, growth and originating: come into your originality and authenticity as a writer.


Try this! On the following page, set a date and take time for yourself!

Book an appointment. Schedule your writing time on your calendar. Be realistic. Write it down. Stick to it and take your appointment with yourself seriously!

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Location

Day

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Time

Additional Details

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And finally: **Don’t do it alone.**

Writing is a great pleasure, but it can be lonely, fragmented, and sometimes even frightening. Find the right people to share your writing life with so that you come out of isolation.

After all, writing is about communicating and sharing.

Find the supports you need to allow your writing to be more easeful and more powerful.

Find supports you can trust, supports that don’t perpetuate that nasty inner critic, that allow for mess and mistakes, and that trust that you have something unique and important to offer and can help you reach that full potential.

If you’re having trouble establishing a strong network, I offer a variety of supports. My online class, Align Your Story, is a great way to get started, because it incorporates meditations, yoga, close readings, writing lessons and prompts, and the support of an amazing, lifelong community of writers.

I also offer one-on-one coaching, in-person classes, day long (and sometimes even week long) workshops.

If this resonates with you, I’d love to support you through this work!

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However, whether you work with me or not, please look around you and find community. Connect with a writing group. Go to your local library. Reach out to a friend. And make your own page (or computer screen) your trusted friend.



Sharing your voice makes all the difference.
Send me an email at nadia@nadiacolburn.com with any questions about this ebook, any breakthroughs, insights or more…

I'd love to hear from you.

Below is additional space for any extra notes you'd like to make.

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Ten Writing Prompts. Try them after meditation and/or yoga or other forms of movement.

1. Incorporate these phrases into your piece: In the beginning …..but then…

2. Describe a doorway that you often walked through as a ten year old (or 4 year old or 15 year old--or age of your choice) and incorporate it into a scene. Why is that doorway an important threshold?

3. Tell the story of your elbow/scar/heart/lungs/other body part. Use either third person, or first person, even speaking from the position of the body part.

4.Create a piece in which the first line of every paragraph (or every line in a poem) starts with “I come from”

5.“I hadn’t been there long before it was clear that I was in danger and would need to find a way to leave quickly” Write from this phrase or this scene.

6. Remember the smell of your favorite place as a child: write.

7. The thing I am most proud of is...write in great detail.

8. Write something with the following six words: magenta, transform, paperclip, bewilder, rain, oak

9. Find one of your favorite poems, songs, books and open at random: use the lines that you come to and incorporate them in your piece.

10. Go someplace where you can see the sky. Spend a few minutes looking at it. Describe the sky in as much detail as possible. Where does it want to take you in this piece? Go there.

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I have experienced and witnessed again and again the power of meditation before writing.

These two 15 minute downloadable audio recordings are here for you to practice with so that you can experience for yourself the power of meditation before writing.

Each recording includes five minutes of meditation and ten minutes writing time.

Just schedule the time on your calendar, hit play, and be guided in a peaceful and powerful writing session.

I've designed the recordings so that you can use them again and again.

Pair the recording with one of the writing exercises from one of the chapters in the Embrace Your Story Book or from the Ten Additional Writing Prompts at the end of the book.

Or choose what you want to write about for your particular writing session or just be guided by the moment.

You can stop after the fifteen minutes is over—you don't need a long writing session to get your creative energy flowing.

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Or you can keep writing; if you have a longer writing session for yourself, and might like to repeat the meditation after 30 minutes or so--see what works for you!

I invite you to practice with each.

Enjoy!



The meditation on the first recording is a silent breath meditation!



The second recording is a guided meditation that connects you with your body and opens you to your own creative flow.

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About the Author and Going Deeper



Nadia Colburn is the author of the poetry books *I Say the Sky* and *The High Shelf*, and her poetry and prose have appeared in more than eighty publications, including *The New Yorker, American Poetry Review, The Kenyon Review, Spirituality & Health, Lion's Roar,* and *The Yale Review.* She holds a Ph.D. in English from Columbia University, is a yoga teacher and serious student of Thich Nhat Hanh and is the founder of the Nadia Colburn Online Creative Writing School, which brings traditional literary and creative writing studies together with mindfulness, embodied practices, and social and environmental engagement. The school has a community of over 30,000 mindful writers. Nadia lives in Cambridge, Massachusetts, with her husband and two children. Find her at nadiacolburn.com, where she offers meditations and free resources for writers.

Want to go deeper?

Align Your Story: Online Holistic Writing Program. Align Your Story blends close reading, creative writing, meditation, and yoga to help you heal, grow, and find your true voice – on and off the page. It's a one-of-a-kind, comprehensive workshop for writers across all experience levels and genres. Write the work you've been dreaming of writing. You get *lifetime* access to all the teaching materials, so you can go at your own pace.

Learn more here

One-on-One Coaching Program. As a writing coach, I work one-on-one with writers who want to bring greater depth, mindfulness, and purpose to their writing. One of my specialities is trauma-informed writing coaching for those writing difficult stories or writing to heal. Whether you are writing a book or exploring the place of writing in your life, I can work with you to design a program that suits your particular needs.

Learn more here Express interest here

Have questions? Don't hesitate to reach out! Email me at nadia@nadiacolburn.com.

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