



## WORKSHOP & TRADITIONAL GREEK LUNCH

# WRITE YOUR LIFE

So you want to write about your life, but you're not sure where to start? Maybe you have a few ideas, a bunch of notes, or perhaps even a few chapters? Now is the time to get the skills under your belt to finally write that memoir or life writing piece.

This one-day intensive workshop will include practical writing exercises to release memories and get words on the page.

Accompanied by a traditional Greek wood-fired lunch, the day promises to be delicious.

### About the author

Spiri Tsintziras is the author of two memoirs, *My Ikaria* (2018) and *Afternoons in Ithaka* (2014). Her articles and life stories have been published widely in anthologies, newspapers and magazines. She teaches creative writing at Swinburne University and regularly runs workshops at Writers Victoria.

*'I absolutely got a lot out of it and am feeling motivated to get back into the projects I had started.'* Nicole M, former participant.

OVERCOME  
HURDLES TO  
WRITING LIFE  
STORIES

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PROMPT MEMORY

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IDENTIFY YOUR LIFE  
THEMES

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ORGANISE IDEAS  
AND RESEARCH

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SUNDAY 16 FEB  
2020 - BOX HILL,  
VICTORIA  
10AM-4PM

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**COST \$200  
(INCLUDES LUNCH  
AND REFRESHMENTS)**

For more information email  
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[www.tribaltomato.com](http://www.tribaltomato.com)