



*Joselyn Smith-Greene*

FACILITATOR & AUTHOR  
The Gift of Knowing You, Discovering the Power of Your Story

## **Joselyn Smith-Greene designs and facilitates workshop experiences to help people gain a greater sense of self and find their joy.**

Joselyn Smith-Greene, workshop facilitator and author, designs and facilitates creative interactive experiences, focusing on self-awareness, mindfulness and self-care.

Smith-Greene provides the space for attendees to develop newfound curiosity for who they are outside of their work and family responsibilities through the examination and of their life story.

### **Connections are made when we journal together.**

The opportunity to view one's story from a fresh vantage point is the objective of her workshop gatherings. Creative workshop exercises, prompts and exchanges allows attendees to connect to themselves and with each other.

### **Step out of auto-pilot**

It's easy for life responsibilities to get in the way of personal aspirations and cloud one's sense of self. When everyday life becomes routine, it's easy to lose sight of who you are.

Attendees are encouraged to step away from their day-to-day, connect to who they are, and get reacquainted with the things that brings them joy.

**Author** Joselyn Smith-Greene, in her book, **"The Gift of Knowing You, Discovering the Power of Your Story"** shares her pain-to-purpose transformational story along with a roadmap for the reader's self-discovery journey. Heartfelt wisdom, practical tools, questions and easy-to-follow creative exercises and questions throughout help readers view their story as a gift, waiting to be unwrapped, examined and embraced.

## **Popular Workshop Offerings**

### **Journaling 101**

Introduction to journaling including health benefits, techniques and exercises. Basic journaling practices are used to jumpstart their self-discovery journey.

### **What Makes You, YOU?**

Beyond family roles, life responsibilities, gender, ethnicity, religious affiliation, and... explore the essential question, What Makes You, You? Not sure? The answers are within, waiting to be discovered.

### **Building Your Self-care Toolbox**

Self-care ensures that you can fulfill your life responsibilities to the best of your abilities without depleting your well-being. Acknowledge and identify life stressors. Explore ways to decompress. Identify your restoration needs. Build your personalized self-care toolbox.

Workshops can be tailored toward art and/or written self-expression to address the specific needs, abilities and interests of participants.

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### **CONTACT**

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