

# Suzanne Fox

## WORKSHOPS & SEMINARS 2023

The diverse experience of writer, artist, editor and book reviewer Suzanne Fox informs all of her seminars and workshops, which are also fueled by her energy, warmth, and genuine interest in participants' needs, concerns, and journeys. For feedback from her teaching sponsors and audiences, [click here](#); for her biography and credentials, [click here](#).

All classes below can be offered as half-day, one-day, or two-day sessions. Workshops incorporate brief hands-on exercises, while seminars do not. Content is designed to be enjoyable for students of all backgrounds, from novices to “pros.” Each class is supplemented by a handout, time for questions, and participant access to a web page stocked with links for further exploration of the topic after the class ends.

Suzanne will gladly incorporate examples relevant to the group's mission as she offers the class. And if the topics below don't fit your needs, she's delighted to develop a seminar or workshop to fit your group's backgrounds, interests and goals.

Where noted, some seminars and workshops are also available as talks. For more information on Suzanne's talks, [click here](#).

## SEMINARS

***Reinventing Jane Austen.*** More than two hundred years after her death, Jane Austen is big business. Blogs and biographies, tote bags and tarot card decks, and an astonishingly diverse array of book, film, and television adaptations update her work for new generations whose lives are vastly different from her own. Why does the work of a writer who went largely unrecognized during her own lifetime have such wide and enduring appeal? How are contemporary “creatives” at once honoring and interrogating her core concerns? You don't have to be a “Janeite” to enjoy this lighthearted yet richly informative seminar. *[Also available as a talk.]*

***Drafting Like a Dog.*** If you've ever tried to write with a dog playing at your feet, you might have felt most aware of the distraction the pup offers. But as this playful seminar explains, we can learn four crucial writing traits from the behavior of our canine companions. Brief glimpses of famous dog-loving writers enliven an exploration of these lessons that will inspire writers of all genres and skill levels—whether or not they currently write with a pooch at their side. *[Adaptable to “Writing Like a Cat” and also available as a talk.]*

***Crafting Like a Cat.*** What do cats have to teach us about our creative work and process? A lot, it turns out! This fun seminar identifies four ways in which being a bit more catlike can

strengthen our crafting or visual arts practice. Brief glimpses of famous cat-loving artists enliven our exploration of these creatively useful traits. The class will inform and inspire artists and crafters in all media, whether or not they love our feline friends. *[Adaptable to “Crafting Like a Canine” and also available as a talk.]*

## WORKSHOPS: CREATIVITY

***Decluttering Your Creativity.*** Whatever our art or craft, creative people often have lots of stuff, both tangible and intangible. Lots of supplies, tools, works-in-progress, and inspiring objects; lots of questions, fascinations, project ideas, and expectations. When does this natural abundance become too much, confusing rather than fueling our creativity? How can we clarify what’s most important to us right now and release, at least temporarily, the things that are not? While it covers physical clutter, this workshop also identifies other key sources of creative overwhelm. We’ll do some writing and reflection to identify problem areas in our own practice as well as possible solutions; discussion will allow us to learn from each other and remind us that we’re not alone in the need to balance abundance and clarity in our creative lives. *[Also available as a talk.]*

## WORKSHOPS: WRITING

***Writing Our Mothers.*** Our mothers shape our lives in such profound and far-reaching ways that it’s no surprise they appear so vividly in all kinds of writing. This rich and moving workshop invites participants to write about mothers and mother figures from four perspectives: as age-old archetypes, as particular people, as the mothers or mother figures we become ourselves, and as vulnerable people that we may need to care for. Brief writing prompts, thought-provoking readings, and discussion illuminate this thought-provoking exploration. *[Can also be adapted to fathers, grandparents, siblings or children.]*

***The Heart of Story.*** Why are we drawn to read, watch, and create certain stories? Why do the same types of tales appear in such diverse times, places, and cultures? What makes a story engaging, even unforgettable? This workshop explores the five core qualities virtually all great stories share. Brief writing prompts, readings, and discussion illuminate these characteristics and help participants use them to strengthen their own narratives. Writers, artists and filmmakers can all benefit from this thought-provoking workshop. *[Also available as a talk.]*

***Effortless Memoir.*** For every personal or family history that is completed and shared with readers, many more are abandoned unfinished. Designed to benefit writers of all experience levels as well as family historians and genealogists, this workshop shares four transformative tips that can make creating life-based narratives much easier and more impactful. Writing prompts, brief readings and class discussion create a lively, energizing session that sends participants back to their life or family-based writing with renewed confidence. *[Also available as a talk.]*

## WORKSHOPS: VISUAL ARTS & CRAFTS

***Writing Your Art.*** An artist’s statement can be the most difficult single page a painter, sculptor, or other visual artist will ever have to write. This workshop is designed to make the

results of the process more powerful and the process itself much more fun. Brief, focused writing prompts send participants home with a draft already in progress; examples from contemporary artists offer inspiration, while participant dialogue allows each student to learn from the others in the group.

**Writing Art.** Throughout history, the visual and literary arts have inspired, intertwined, and sometimes competed with each other. We'll look at artworks and use discussion, readings, and brief writing prompts to explore the varied ways writing can evoke the experience of an artwork—or, better yet, offer a parallel and equally powerful experience. Whether you are a writer looking to write more evocatively, a visual artist looking to enhance your ability to write about your own art, or an art lover, this workshop will help you hone your expressive skills and “see” art more fully—and enjoyably—than ever before. *[This workshop can be offered using the art in your museum or gallery or Suzanne’s own Power Point images.]*

## WORKSHOPS: CAREGIVING & BEREAVEMENT

**Journaling for Caregivers.** As caregivers, how can we release our responsibilities and stress enough to sustain the strength our role requires? Journaling can help—as long it’s based in our own needs and preferences rather than preconceived expectations. Drawn from Suzanne’s personal experience of caregiving as well as her work with those who play this deep and challenging role, this gentle workshop teaches three simple techniques to get started journaling no matter how busy or drained you feel. We’ll do some brief writing prompts, which participants may share or not share as they choose, and discuss releasing assumptions about what, when, how and how often you should journal; honoring concerns about honesty and privacy; and finding a journaling practice that fuels rather than drains your life. *[Can be adapted to family caregivers, professional caregivers, or mixed groups. Also available as a talk.]*

**Journaling After Loss.** Journaling is a profoundly healing practice for those who have experienced a bereavement or other loss. As we write, we have the opportunity to acknowledge and release any challenging emotions that arise as well as capture the moments of hope, peace and gratitude that help sustain us. In this interactive workshop on journaling and the healing path, we’ll talk about the power of writing and try out some easy but powerful journaling prompts. You need not share what you’ve written nor have any experience in writing to benefit from the supportive dialogue, tools and strategies the workshop offers. *[Also available as a talk.]*

## FEES & BOOKING

Have questions about the information above or interest in booking a seminar or workshop with Suzanne? Contact us at [suz@suzannefox.me](mailto:suz@suzannefox.me). We'll get back to you promptly and set up a time to chat. There's never any obligation to book a class if Suzanne's offerings don't fit your needs, so don't hesitate to be in touch.

Each year, Suzanne offers a limited number of free seminars to benefit not-for-profit groups, venues and organizations. We suggest booking these as early as possible, as slots fill up quickly.

Fees for other sessions begin at \$500 and are based on group size, talk length, travel requirements if applicable, and special customization requests if any. Reimbursement for lodging and other travel costs may be requested for venues more than 90 miles from Pinehurst, North Carolina unless Suzanne will be in your area for other engagements.

We look forward to hearing from you!