

DAY	FRIDAY		SATURDAY			SUNDAY			
Time	The Parish home	The Church	The Church	The Salon	The Lower Hall	The Church	The Salon	The Yoga-room	The Reading room
9:00			Welcome			Gathering			
9:30			Mark Matousek Keynote & workshop	Dr Megan Hayes keynote & workshop			Julia McGuinness keynote & workshop	Charmaine Pollard workshop	
10:00									
11:00									
12:00						Lunch			
13:00			Lunch				Dr Megan Hayes on autobiographical writing	Mark Matousek post-reflection talk	Ida Sunden & Elin Malmberg
14:00				Emelie Hill Dittmer keynote & workshop	Marusha Mozolovskaya workshop				
14:30						Emelie Hill Dittmer about Write to Heal			
15:00						Final gathering panel with all teachers			
16:00				Ends 16:30	Ends 16:30	END			
16:30	Registration								
16:45			Charmaine Pollard keynote						
17:00									
17:30		Opening event	Gathering						
18:00									
18:30			Gathering for dinner						
19:00			Dinner						
20:00									
21:00									



Emelie Hill Dittmer

Write to Heal – Expect the Unexpected

Emelie Hill Dittmer is a therapeutic writing facilitator, journalist, and author of *Write to Heal – The Healing Power of Writing*. (Walaan) and *The Therapeutic Writing Toolbox* (Grens Bokskog). She is the founder of the *Write for Life – The Healing Power of Your Pen* conference.



Julia McGuinness

Between Starshine and Clay : A Journalling Workshop on Hope

As a former English teacher and therapeutic counsellor turned writing practitioner Julia McGuinness has forged a life round words and nurture. She is the author of 5 non-fiction books, including *Writing our Faith* and her most recent publication *Writing the Journeys We Never Wanted to Make*.



Marusha Mozolovskaya

Pages Of Possibilities: Finding hope between the lines

Marusha is the founder of the Barcelona Journalling Festival, International Journalling Community, and Girls Who Write. She is a book writing mentor and journaling guide who helps writers move from self-doubt to clarity and complete their work.



Ida Sundén

Reflective Writing in Professional Life: A Tool for Sustainability and Presence

Ida Sundén is a trained journalist, author, social worker, and writing facilitator, with many years of experience in various forms of social work.

Her debut novel *Tillsammans är vi två* was published in 2021.



Charmaine Pollard

Hope in Her Hands

Charmaine Pollard is a British Association for Counselling and Psychotherapy (BACP) registered counsellor with over 26 years' experience. She is also a coach and a certified poetry therapist, accredited with the International Federation for Biblio/Poetry Therapy in the USA.



Dr Megan Hayes

The Inner Toolkit: Writing Our Resources

Dr Megan Hayes is a writer-researcher-facilitator and author of five books including *The Joy of Writing Things Down* (Greenfinch, 2021) and the memoir *Glimmering: Healing in 21 Wild Swims* (Seren, 2026).



Mark Matousek

The Story of Your Life: Making Sense of the Past and Present

Mark Matousek is the award-winning author of eight books, including *Sex Death Enlightenment*.

The founder of The Seekers Forum, an online community for self-inquiry through expressive writing.



Elin Malmberg

Reflective Writing in Professional Life: A Tool for Sustainability and Presence

Elin Malmberg has a background as a high school teacher and works as a writing facilitator. She has personally used writing to process difficult life experiences and is now passionate about sharing the transformative power of writing with others.