

AMED Writers' Group

From Role to Soul: The inner work of age, Part 2: our Inner Ageist and Eldering with Heather Day*

Friday 25 August, 1.30-4.30 pm

In-person, at [Roots and Shoots](#), London SE11

*Please note: You don't need to have attended Part 1 to participate fully in this session. Everyone is welcome!



Heather writes: I have been invited to lead the AMED Writers' Group (AWG) in a further enquiry into the 'Inner Work of Age.' Considering how we move from 'Role to Soul,' I take [Connie Zweig's book](#) as my starting point, and I feel inspired to bring this theme in a spirit of exploration and discovery.

Process: I will offer a series of guided writing exercises, discussion and reflection. Together, we will explore themes related to the movement from the roles we have played in our lives (and may still play) towards our soul, and what that might. In Part 1, we considered our 'lived and unlived' lives and made a map of the journey.

In this session, we'll explore our 'inner ageist' - the shadow character within - and also consider aspects of the collective shadow. I will then introduce the theme of becoming an Elder (or Eldering) and what this could mean, sharing the three qualities of awareness (from Connie's book) which may be a useful lens or resource. My intention for the session is to create a space where we can gain fresh insights or a deeper understanding into ways to re-define and re-orientate ourselves as we age.

What to bring: Please bring your preferred writing resources, coloured pens and plain paper (if you want to explore with drawing alongside writing) and – above all - yourself.

About Heather: The theme of navigating life and career transitions deeply interests me as a coach. I support my clients with identifying where they are on the transition cycle, and help them explore what will enable them to move to the next phase.

www.heatherdaycoaching.com.



Cost: £10, to be collected in cash on the door. Proceeds will help us cover the cost of room and equipment hire.

How to reserve your place: If you would like to participate in this co-inquiry, **please let Bob know by 14 August** (earlier if possible). We'll send you joining details nearer the time.

Do you have any suggestions for future AWG sessions? If so, please get in touch, and we can discuss possibilities.

Kind regards. Bob (MacKenzie), E: bob@amed.org.uk