



The Voice Sanctuary

Individual Story Mentoring

Have you ever wanted to write a memoir or tell your own story?

Telling your story can be one of the most healing things you ever do. And you don't have to be an accomplished writer or artist to do it. Stories told humbly or simply are often the most powerful, and besides - the real benefit is for you.

Where do you start?

Come on a life-changing adventure with me as I show you how to chronicle your own life in a way that transforms you forever. You will learn:

- § where your story originates
- § how to change your story for healing
- § how to write about your life compassionately
- § how to work through difficult aspects of your story
- § different ways to tell your story (words, art or film)
- § how to present or self-publish your story for an audience



Individual story mentoring offers:

- § Weekly or fortnightly sessions to discuss your story, teach you techniques and provide guidance (usually between 6 -12 sessions, depending on your needs)
- § In-person on the Sunshine Coast or via video conferencing
- § Advice for publishing or showcasing your story in various ways

Your guide

As a professional author, social worker and person with lived experience, I offer diverse skills which can assist people in crafting their story for therapeutic benefit. I can assist you with technical advice on story structure, syntax, style and publication, as well as assist you to stay safe during the process and use the experience of telling your story as a healing and transformation tool.

I have personally used my own stories to aid in my recovery from diagnoses of schizophrenia, BPD and Dissociative Identity Disorder. I have worked with others as a peer worker, counsellor and educator in community mental health and in private hospitals for the last decade.



I am the author of *Spirit-Gnosis: Hearing Voices* (2020) and *The Little Girl that Nobody Wanted* (2013), a memoir about recovery from childhood trauma. I currently work in private practice and as a Peer Practice Supervisor for Peer 4 Peer on the Sunshine Coast. You can check out some of my writing and videos at:

www.voicesanctuary.com.au

www.louisadpearce.com.au

<https://www.linkedin.com/in/louisadentpearce/>

Funding & Costs

This program is designed for NDIS participants, and as such may be fully funded by your NDIS package. There is also a discounted fee available for people who self-fund. This discrepancy helps include people with smaller NDIS packages or on lower incomes.

For NDIS participants, a Service Agreement will be provided. Prices and format can be negotiated to fit into your NDIS plan.

NDIS FUNDED	SELF-FUNDED	What it includes
Initial session: \$130	Initial session: \$90	§ 1 x hour mentoring session
Ongoing sessions (including feedback on work): \$210	Ongoing sessions (including feedback on work): \$150	§ Review and feedback on work
		§ Tuition materials

Locations and dates

The individual mentoring sessions are booked privately, at a time that suits us both, and are available:

- § In person at flexible locations on the Sunshine Coast, Queensland
- § Online via Zoom video conferencing

What next?

Questions? Call me on 0490 165 654

Prefer email? Write to me at louisa@louisadpearce.com.au

Ready to book? Register at www.voicesanctuary.com.au

I look forward to helping you tell your story

