

# CASE STUDY

## Clearing block to writing One to one and workshops 2021 - Current

### The brief

When Viv first came to me he was blocked from journaling. He'd had his confidentiality compromised which had left him nervous to be honest, even on the page. He could barely lift a pen for fear of consequences. He attended a couple of courses and workshops and we also worked together one to one.

### Outcomes

Viv got writing straight away in the courses and workshops using the guided prompts I had provided. This is the joy of guided prompts. When you take away choice and decision and instruct people to write from a particular prompt, people cannot help but do just that. Viv felt safe to express himself and even share with the other workshop and course participants, and myself. Pretty quickly he was writing more than almost anyone I've worked with, during the sessions and in between.

He now writes regularly and with more confidence. This photo is of him a year later, showing me all the notebooks he has used up writing. Viv was happy for me to share a couple of excerpts of his writing (on the following page) which he particularly enjoyed.

### Feedback

“When I first joined Claire’s course, I hadn’t written more than a creative sentence or two in more than five years (possibly more). As I worked through the various prompts and ideas Claire shared and taught me, I began to explore writing freely in my own time, especially journaling which helped me release a lot of the blocks I was experiencing in other parts of my life. It is quite by coincidence that on a recent call with Claire, I looked at my book shelf and realised that I had written in and finished over half a dozen large sized notebooks, cover to cover! This transformation from blocked to being set free has been the result of work done just over weekends and a few extra sessions over less than a year. I am truly grateful for, what some of my fellow participants refer to as, “Claire-Magic!”



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*"In my sessions with Claire, I often find myself surprised at what I discover within me that Claire is able to elicit through her thought provoking prompts and exercises. After each piece, sharing our written pieces and reflecting helps anchor the new discoveries about our own abilities in a gratifying manner."*

*"The 'joe exotic' piece that I wrote as a 'Galactic Tour Guide' is definitely a piece I celebrate and chuckle over. Thanks to Claire and her delivery of the exercise I was able to write with carefree abandon and almost giddy joy! It's something that has freed me from the 'tremendous burden of being me' and helped me discover a more lighter, creative aspect of who I am, for which I am so ever grateful! Thanks Claire!" Viv*

### **'JOE EXOTIC' free-writing exercise**

#### **'Fantabulous Viv' - Galactic Tour Guide**

**18 September 2021**

I am Fantabulous Viv... your guide to all that is whacky, weird and wonderful on Planet Earth. Humans have a massive issue of denial. They can't come out and say what they feel 'cos they've been conditioned... oops... I mean "Cultured" into suppressing their true selves. So while they struggle with these issues it's my duty as your guide to tell you about the things to look out for, what to touch and not touch and where to really freak out and make the most of this dimensional visit.

Stick with me and you'll have a fantabulous time. This tour is for the bold so leave your worries and if you choose your clothes at home and let loose... within the dotted lines around this circle of course...

