

**MCW Speaker: October 6, 2016**

**ELIZABETH JOHNSTON  
WRITE ABOUT YOUR LIFE IN THREE EASY STEPS**

The first evening meeting of the year of the Montreal Council of Women of the 2016/2017 season took place on Thursday, October 6, 2016 at Les Jardins du Canal, 2700 Rufus Rockhead. Attendees participated in an excellent and insightful workshop by Elizabeth Johnston, author, professor, passionate teacher and certified autography coach on how to write about your life in three steps.

Ms. Johnston has taught creative writing for over 20 years both at university and at CEGEP. 'When I teach' she says, 'I am reminded that people have an endless capacity for creativity.' Out of her years of teaching and studying the story form through exhaustive analysis of dozens of book reviews, she has developed her own writing system that she presents in her workshops and seminars.

Ms. Johnston believes that many people want to write about their lives but they feel they will not have the time or they will not have the expertise to do so. In her workshops and seminars, she dispels both of those myths and makes it easy for them to tell their stories. She wants to help people follow through on their creative dreams and provides them with the tools they need to succeed.

To write about your life, Elizabeth Johnston says that you need to ask yourself three basic questions:

- What is your wisdom or expertise that you can now share with the world?
- Who were you before you had this expertise or wisdom?
- How did you get there?

She led the attendees in a workshop where she provided guidance in preparing an outline based on the three questions above which made it easier to decide what information to put in and how to achieve the required structure.

Ms. Johnston believes that each one of us has lived important and noteworthy lives, and not sharing our stories with our families, or even the world, means that someone out there could be missing out on wisdom that could help them in their own lives. The workshop was very well received by those fortunate to attend.

For more information about Elizabeth Johnston and the services she offers, visit her website: [www.ownyourcreativity.com](http://www.ownyourcreativity.com)