

# SPEAKING AND TEACHING

I give presentations and workshops to groups of all sizes. Please [contact me](#) if you are interested in having me share one of the offerings listed below with your group or organization, or with a gathering of friends in your living room.

## TALKS

- Clearing Clutter as a Sacred Act
- Making Room for the Muse
- In Praise of Imperfection
- Unexpected Pathways to Compassion
- Making Peace with Time
- Making Space for New Beginnings
- Inviting Spaciousness

## WORKSHOPS

- Clearing Clutter as a Sacred Act
- An Introduction to Journaling
- Writing to Clear Clutter
- Making Space to Write
- Befriending Time
- Cultivating Self-Compassion

***“This class gave me a plan to carry forward, feeling good about what I accomplished and confident in what I still want to achieve. I’m so glad the journey was supportive and not a clutter boot camp! Carolyn, your calming and wise presence has been much appreciated!”***

***—Brenda Hudson, online class student***

I have shared the above presentations and workshops at various conferences, colleges, churches, libraries, and retreats including Whatcom Community College, The Therapeutic Writing Institute, The Eliot Institute as theme speaker for several retreats, The National Association of Poetry and Bibliotherapists, The Bellingham Unitarian Fellowship, The Garden Street Methodist Church, North Shore Unitarian Church in Vancouver, B.C., First Unitarian Church of Portland, OR, and the Whatcom County Library System.

## UPCOMING EVENTS

[Calendar](#)

## ONLINE CLASSES

[A Gentle Approach to Clearing Clutter](#)

[Contact Carolyn](#)