



KELSEY
BIGELOW
poetry



LET'S WORKSHOP!

I'm happy to know you're interested in my workshop offerings!

Inside you'll find various workshops alongside their descriptions, ideal audiences, and estimated durations.

Pricing will vary per workshop based on group size, duration, and any travel needs. I'm happy to talk budget with you any time and find what works for everyone.

Take a look inside, and let me know what questions you have!

Don't see a workshop you're thinking of? I'd love to collaborate on creating a workshop that fits your specific needs.

Kelsey K. Bigelow



AVAILABLE WORKSHOPS



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UNCOVERING YOUR POEM: A GENERATIVE WORKSHOP

Everyone has a story worth sharing, whether you know it or not. It's a matter of discovering what you have to say and pulling the poem out of it. This workshop is designed to help uncover the poem within you and let the ideas take up space on the page. You may be surprised by what you can craft!

AUDIENCE: GENERAL PUBLIC OR POETS OF ANY LEVEL

DURATION: 90 MINUTES, ADAPTABLE TO 60 MINUTES

POETRY AS A COPING TOOL

Life has a way of throwing heavy stuff our way, and it's our job to find ways to manage our mental health through it all. This workshop walks you through methods for writing poetry as a coping tool. From free writing and responding to prompts to observing your situation and trying a poetic form, poetry can help you process and manage your emotions through the heaviness.

AUDIENCE: VERSIONS AVAILABLE FOR SCHOOL-AGE STUDENTS AND GENERAL PUBLIC ADULTS

DURATION: 60 MINUTES, ADAPTABLE TO 45 OR 90 MINUTES

WRITER'S BLOCK: HOW IT'S PART OF THE PROCESS

You know that sensation you get when you're experiencing writer's block – that blank mind or overly active mind, that inability to get the words out or get in the zone? That sensation is telling you something. This workshop explains how writer's block is part of the process, shares tips for getting out of your rut, and helps you put it into practice.

AUDIENCE: POETS/WRITERS OF ANY LEVEL

DURATION: 90 MINUTES, ADAPTABLE TO 60 MINUTES



AVAILABLE WORKSHOPS



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WRITING YOUR OWN LIFE

Have you ever felt like you were holding yourself back out of fear of not being supported? If you're willing to open your mind to your dream life, this workshop will explore tools on how you can best listen to yourself and will share living proof that writing your own life is, in fact, possible.

AUDIENCE: VERSIONS AVAILABLE FOR SCHOOL-AGE STUDENTS AND GENERAL PUBLIC ADULTS

DURATION: 30 MINUTES, ADAPTABLE TO 45 OR 60 MINUTES

SHARING YOUR VOICE OFF THE PAGE

You've written your poem. You're happy with it. Perhaps it's been published too. But now you've been asked to share that poem out loud for an audience. How do you prepare for that? This workshop will help you lean into your natural voice, walk you through tips for performing (not just reading) your poem, and provide space for you to put it into practice.

AUDIENCE: VERSIONS AVAILABLE FOR SCHOOL-AGE STUDENTS AND GENERAL PUBLIC ADULTS

DURATION: 90 MINUTES, ADAPTABLE TO 60-120 MINUTES

BUILDING A THEMATIC MANUSCRIPT

With various approaches, storylines, and interpretations, crafting a poetry manuscript around a theme isn't as easy as it seems -- but it can be just as fun as writing the poems themselves. This hands-on workshop identifies steps you can take from start to finish in building a manuscript as well as how to choose your approach at each step.

AUDIENCE: POETS READY TO CREATE A BOOK

DURATION: 120 MINUTES, ADAPTABLE TO 4-WEEK SERIES



AVAILABLE WORKSHOPS



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GET COMFORTABLE WITH VULNERABILITY TO BUILD BRAVE SPACES

If we as leaders want people to be open with us, we must create an atmosphere that welcomes vulnerability from everyone, including ourselves. This workshop explores three keys to building brave spaces: the way your people are introduced to you, the way you respond to the things they share with you, and the way you showcase your own vulnerability. This workshop helps us identify our comfort level with vulnerability, recognize we can be both professional and human, and gain practical tips for building brave spaces.

AUDIENCE: COMMUNITY LEADERS, MANAGERS, MENTAL HEALTH PROFESSIONALS

DURATION: 60 MINUTES, ADAPTABLE TO 90 MINUTES

Ready to workshop together?

Let's connect and make a plan! Reach out at kelkaybpoetry.com or send me an email at kelsey@kelkaybpoetry.com

