

Finding Power **THROUGH** *Poetry*



Rashan opens up about what led him into the world of poetry and how he transformed his trauma into words of art. In this discussion, he shares why he believes poetry is a powerful healing tool for those who use it for self-expression and those exposed to it through listening. He also unpacks the intricacies of poetry and what he feels makes it an essential option in the world of mental health services. Attendees will leave the workshop with not only an appreciation for the power of poetry but also the knowledge, self-confidence, and empowerment to use poetry as a medium for capturing life's events. Rashan provides guidance on how to begin writing poetry, overcome creative blocks, and use it as a tool for personal growth and self-expression.

Learning Outcomes:

Increased awareness of the healing potential of poetry for both writers and readers.

Appreciation for the unique qualities of poetry and how they contribute to its emotional impact.

Increased self-confidence in using poetry as a medium for capturing life's events and experiences.

Inquire about services at Info@rlegardspeaks.com



Rashan Legard



RL_Speaks



Rashan Legard Speaks LLC