

WORKSHOP

# The Golden Seeds Journey

**Life is for living. Every second. Right to the very last breath. Being infused with purpose, joy, and creativity is a great way to ensure those final years are fun and meaningful.**

The Golden Seeds Journey Workshop is about how to plan your remaining time and consciously gather up the goodness of your life and that of your ancestors into an educational and inspiring consumable bundle that contains a book, or a movie, your mementos, old photos and historical keepsakes. Your loved ones will be blessed and inspired by all that your life has meant, and the wisdom and goodness of you, your spouse, your parents and grandparents.

During this one hour experiential workshop, each participant will receive a Golden

Seeds Journey Workbook to follow along and begin to assess their own last season needs and wishes. Topics include end-of-life planning, downsizing and preserving family history, photos and mementos, and creating meaningful and inspiring life review legacy projects.

Doing this type of creative planning can help participants feel more purposeful, hopeful, relieved, and peaceful. The workshop is a combination of engaging spoken presentation with big screen imagery, self-contemplation, group discussion, and Q&A.

## To schedule this workshop

[familymoviestorybooks.com/goldenseeds](http://familymoviestorybooks.com/goldenseeds)

Cory (778) 887-7446 or Barbi (604) 319-0313

## Your presenters

**BARBI BRAUDE** is a veteran book designer, organizer, and historical documents archivist who has published dozens of beautiful family books.

**CORY BRETZ** is an end of life doula, filmmaker, and personal historian specializing in life reviews, family history, difficult conversations and grief reconciliation.

