

GOLDSTER★

# CREATIVE WRITING







# A JOURNEY OF THE MIND AND SOUL

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# CREATIVE WRITING

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Creative writing is writing that takes an imaginative, embellished, or outside-the-box approach to its subject matter. This is in contrast to academic, technical, or news writing, which is typically dry and factual.

Most people associate creative writing with fiction and poetry, but creative nonfiction should not be forgotten or underestimated, as it's an important and wide-ranging kind of writing.



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Though the definition can be quite vague, creative writing can, for the most part, be considered as any type of writing that is original and expressive of oneself. Typically, it can be identified by an emphasis on narrative craft, focusing on elements such as character development, narrative and plot, infusing its structure with imagination, invention and story.

In this sense, creative writing can technically be considered any writing of contemporary, original composition - it's bound by no standard conventions and uses a whole range of elements in its craft. In an academic setting, creative writing is typically divided into fiction, poetry, or scriptwriting classes, with a focus on writing in an original style, not defined by pre-existing structures and genres.



# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*



# THE COURSE

Best-selling novelist David Mark helps writers of all skill levels to tell their stories in an environment of positivity, encouragement and shared imagination.

This is a gentle journey of mind and soul. Writing is an excellent way to help with mental health and overall well-being. It can teach empathy, inspiration and compassion.

Learning the basics of creative writing gives you skills you can use in other areas of life and could help release stress while aiding in your overall well-being. More importantly, you'll make some great friends and learn how to turn memory into a memoir, and a great concept into everything from a diary entry to a full novel.

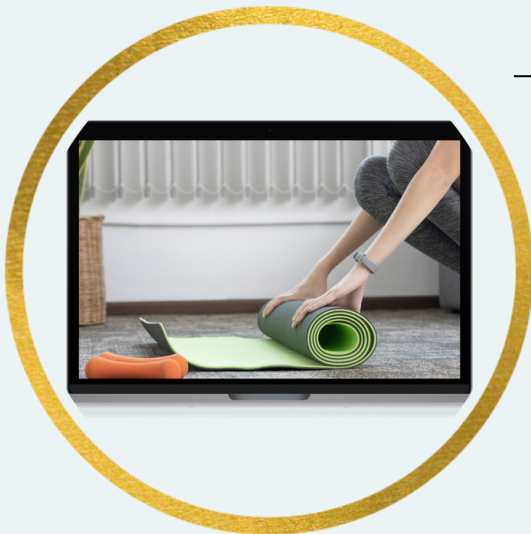
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## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

*"When we do it together, we feel better together"*

# THE COURSE

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## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*



## Week 1 - Inspiration

Where do good ideas come from? How can we turn everyday conversations and happenings into the beginning of a beautiful piece of prose? How can we turn chance encounters into the beginning of a work of fiction? When inspiration strikes, what on earth do we do with it?

Starting with anecdotes about great writers and some real first-hand knowledge of the creative process, we'll look at the big-bang moment of the creative journey. The session will begin with a reading, or a particular writing challenge, designed to get your creative juices flowing. The session will include a 20-minute window at the midpoint to allow participants to write a small piece designed to hone a particular skill.

For the beginners, this could be describing a certain view, or a memory, or a particular character from their own lives. For a writer more comfortable with tackling a bigger project, this could be based on situations from their own works in progress, or be inspired by the characters, settings or plot of the selected reading.

## Week 2 - Plot

You may have a great idea for a story but there are still dozens of different ways to tell it. Today will help you plot the way forward.

We'll look at where to begin, where to go next, and how to identify the right narrative voice for the project.

Do you want to write in first person, third person, or simply tell your own story in your own voice?

We'll look at the best ways to make sure your story truly sings.

## Week 3 - Character

Ensuring the characters who drive your story are believable, interesting - and above all, worth the reader's time.

Beginning with a reading, using passages from published works to show how writers create atmosphere and make their imagined worlds come to life.

### Week 4 - Fine tuning

A look at all those tricky aspects of novel-writing, such as how and when to research, what to cut and what to save and how to keep going when inspiration dries up.

### Week 5 - The next step

At a time when there has never been so many possible outlets for your work, what precisely should you do with your finished work?

Whether you want to be a bestseller or just continue to write pen-portraits of moments, people and places, what are your options.

We'll look at writing exercises that will help you pick the right path through the woods.

### Week 6 - Freedom of expression

Now you've got the confidence to imagine people taking a real interest in your creative output, how do you keep that cauldron of good ideas and beautiful descriptions bubbling over?

How do you live like a writer?

How do you carry poetry and creativity with you in the face of everyday challenges?



# YOUR JOURNEY

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## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

# YOUR COACH



## David Mark

### Author and Creative Writer

David spent more than 15 years as a journalist, including seven years as a crime reporter with the Yorkshire Post - walking the Hull streets that would later become the setting for the Detective Sergeant Aector McAvoy novels.

His writing is heavily influenced by the court cases he covered: the defeatist and jaded police officers; the competent and incompetent investigators; the inertia of the justice system and the sheer raw grief of those touched by savagery and tragedy.

He has written eight novels in the McAvoy series. Dark Winter was selected for the Harrogate New Blood panel (where he was Reader in Residence) and was a Richard & Judy pick and a Sunday Times bestseller. Dead Pretty was longlisted for the Crime Writers Association Gold Dagger in 2016.



# YOUR NOTES

WEEK 1

# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3



# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5

# YOUR NOTES

WEEK 6





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