



Workshop Courses 2019

To Schedule a Course in Your Business or Organization

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A Mobile Personal Historian Company

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Company Background

Every day you live your legacy. Most people have a list of projects they want to create in their lifetime. Among the most talked about projects is recording stories from the past with older relatives and friends.

Personal stories bring life to our history. These stories are often of a life or from a life. They can be a memoir; tribute; a series of life stories; autobiography; biography; tribute; oral history; anniversary gifts; military history; legacy letter; ethical will; personal letters that supplement legal documents, such as a last will and testament or financial document; intentions of charitable giving; explanation of personal decisions; medical history; or an archive of information. That's where we can help.

Documented Legacy is a mobile personal historian company based in southern New Jersey that helps families and organizations preserve their history through recorded storytelling and the archival preservation of photos, documents, and heirlooms. We help you capture the stories from the past that are important to pass along to future generations. These recorded legacies bring clarity to your experiences, values, beliefs, and charitable decisions. Together we look at the stages and transitions in life, not just the end of life. Founded in 2011, the company is led by Mary V. Danielsen, a professional writer with more than 30 years in the communications industry. She is experienced in memoir and life story writing, photography, archiving and preservation, genealogy, speech writing, and public relations.

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A mobile personal historian company

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The following workshops are available to the public:

Legacy Letters and Ethical Wills

Legal Disclaimer: Legacy Letters or Ethical Wills share one's values and beliefs with the next generation, usually produced in a letter or video format. They are a non-binding, non-legal form of communication. They are not meant to replace the legal instruments in place to guide our lives, such as in a Last Will and Testament, a Living Will, or Donor Intent vehicles. Rather they provide the complementary communication needed to give passion, meaning and clarity to our decisions and values in life. Documented Legacy always recommends that people include a statement in a Legacy Letter or Ethical Will that nothing said in the letter should conflict with the legal documents.

Legacy Letters & Ethical Wills

Course Length - 1 - 2 hours

This course outlines what a Legacy Letter or Ethical Will is; the history behind them; how a legacy letter benefits you; when to consider writing one; motivations; how to incorporate a legacy letter into a life story project or memoir; and how to begin. Participants will begin outlining their own letter in class. Mini follow-up workshops can also be scheduled to help participants finish.

Writing Your Life Story

Course Length - 1 - 2 hours

This course helps participants learn how writing about your life's experiences, the lessons learned, and values you have cherished can be the greatest legacy left to the next generation. The course focuses on the why and how of life story and legacy writing. We'll discuss how to find your voice, using active or passive voice and creating several writing exercises. *Note: This can be combined with the first course, Legacy Letters & Ethical Wills, to create a larger program. Also part of the Five Wishes Program*



Life Story Writing Mini Workshop – Idea Starters – 1 hour

Sometimes we get stuck when it comes to writing life story, even with great ideas and the best intentions. This workshop helps break writers block with loads of life story writing prompts. We will outline how to think through the process; deciding what to write about; pacing; letting your creativity write first and edit twice later; and finishing the project.

Legacy Letters and Charitable Giving

Course Length – 1 - 2 hours

The legal instruments needed to establish your intentions of charitable giving and estate planning are void of the passion and meaning that drives your decision. Legacy writing gives a voice to your decisions that can be shared with future generations or charitable organizations. Let it communicate your passion for their cause. This course outlines the definition of a Legacy Letter or Ethical Will; the motivations; reasons why; and how to begin writing a Legacy Letter that defines donor intent.

The Wedding Legacy

Course Length – 1 - 1 1/2 hours

Going down the aisle? Know someone who is? Creating a Wedding Legacy is one of the greatest gifts you can give a young couple as they start their life together. By interviewing family, friends and wedding guests for their advice, wishes and visions for this couple you can create a wedding legacy that will surely be their most cherished gift. Tell stories of other couple's life journey. This course outlines what a legacy project is, how to begin outlining the project, gathering stories and interviews, and how to put it all together. The project can be simple or elaborate. You decide. Also a great project for *anniversaries*.



Mini Meditation and Life Story Writing Workshop

Course Length – 2 hours

(Done in conjunction with wellness center, yoga studio, church or class.)

Take time to get your thoughts together. This course allows you the time to relax, unwind, and open your mind to your life story writing. A mini meditation, followed by an hour of writing time. It may be the push you need to either get started or finish a project.

Heirloom Documentation Writing

Course Length - 1 - 1½ hours

Got stuff? Don't want your children to toss out great grandma's crystal platter someday, because they don't know what it is worth? This workshop will show you how to have fun with life story writing by telling stories of cherished household possessions that are a part of your family's history. Heirloom Documentation can also be used for documenting hobbies and collections, possessions for insurance purposes, reselling, estate planning, and downsizing a household with less guilt.

Adult Show and Tell

Course Length - 2 - 3 hours

Adult Show and Tell creates a lively event where people bring something from the past with a story to share. Each participant gets about five minutes to tell a story about a thing. It's a fun way to open the idea of recording family history and stories from the past with the things we keep. Household items with a story behind them are fantastic life story prompts. They can be as simple as a tin measuring cup or as elaborate as a valuable painting. It's your history. *This workshop can be a regularly scheduled event.*



One More Thing Before You Go

Course length – 2 hours

Children transitioning into adulthood are sure they know it all and can take care of themselves. As parents, we know they still need us. Before sending your children off into the world, consider writing your version of Cliff Notes from Home. Based off the best-selling book “And One More Thing Before You Go” by Maria Shriver, this fun legacy writing workshop will help you outline bits of advice you always tell them. Gather up your favorite expressions, a handful of wishes, how-to advice and join us for two hours of laughing and writing.

Organizing Family History Documents

Course Length - 1 hour

Whether you are planning a family project; updating an estate plan; downsizing; or meeting other needs, one of the first steps in preserving your history is organizing family history records. By bringing vital documents, photos and memorabilia into one location you'll simplify the preservation process. This hour-long workshop discusses which vital documents to keep in one location; why it's important; how to begin organizing family records; duplicating them for safe keeping; how to create a Grab-and-Go file for emergencies; when to update; and using vital records in life story writing and memoir.

Let's Talk - Recording the Family History.

Course length 30-1 hour

This workshop discusses how to audio record life stories, memoir ideas, family history. It's the perfect option for someone who would like to record family stories but would rather have a casual conversation. The workshop discusses how to brainstorm ideas, create an outline, recording options, pacing yourself, sharing with family and friends and how to duplicate. Note: This course can also be done as a group project, similar to the Adult Show and Tell.