



# ROBIN FINN

writer, teacher, inner-peace enthusiast.

Robin Finn, MA, MPH, is passionate about helping women live more self-expressed, creative, and joyful lives.

She is an award-winning writer, teacher, and coach, and the founder and creator of Heart. Soul. Pen.<sup>®</sup>, a writing collective blending deep-dive creativity and soul-centered writing for women.



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## Heart. Soul. Pen.<sup>®</sup>

S I G N A T U R E   W O R K S H O P S

### ***Guided Writing Workshop for Writers: Get Inspired. Get Unstuck. Get Started.***

Attacking creative blocks and self-critique together propels us straight to the heart of what wants to be written. Through a mix of coaching, teaching, guided writing exercises, thought-provoking insights, simple strategies, and strength-based group sharing, Robin helps new and experienced writers re-connect to their voice on the page, find fresh inspiration, release harsh self-criticism, and uplevel their writing practice.

The result? Writing that is easy, unique, detailed, and bold—and writing projects reinvigorated with the momentum they need to become reality.

### ***Guided Writing Workshop for Team-Building & Creative Inspiration***

Getting creative together inspires the imagination, improves mental and physical wellbeing, and enhances a sense of community. Through a mix of coaching, teaching, guided writing exercises, thought-provoking insights, simple strategies, and strength-based group sharing, Robin helps participants spark creativity and build community in the work-place, and develop the tools, momentum, and mindset they need to jumpstart a creative practice, write with authenticity and impact, and feel more inspired at work and in their lives.

### ***Guided Journal Writing Parties for Wellness & Self-Care***

Writing and journaling is a form of self-care that inspires our imagination, improves brain functioning, and enhances mental and physical wellbeing. Through a mix of coaching, teaching, guided writing exercises, thought-provoking insights, simple strategies, and strength-based group sharing, Robin helps participants explore their unique voice on the page, light their creative spark, and develop the tools, mindset, and habits they need to invigorate a creative practice and feel more inspired in their lives.

Los Angeles Times

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The Washington Post

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