

# Write Now! Coach

Rochelle Melander, Speaking Topics

For libraries, schools, and universities

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Did you know that regular writing could improve your students' test scores? A [recent study](#) demonstrated that just ten minutes of expressive writing improved the scores of anxious test takers. [Another study](#) showed that writing improved students' critical thinking skills and their ability to learn content. In addition, [studies](#) in social and positive psychology have proven that writing benefits our physical and emotional health. Add to all that data the fact that [employers want workers](#) who can communicate well!

Rochelle Melander, an author and certified professional coach, founded Dream Keepers in 2006 to teach writing to at-risk children in Milwaukee. Since then, she has brought her creative writing programs to schools, libraries, and churches across southeastern Wisconsin as well as to national writing, coaching, and training conferences.

[Contact her](#) to present an imaginative and fun workshop for your students or teachers. Workshops include:

*From Premise to Published.* Students will jump right in to the writing world by submitting their query letters to real publications! In this multi-session class, students will develop a list of writing territories, craft a sellable idea, research potential markets, write and revise a query letter and submit their idea or article for possible publication. (Best for upper elementary through high school.)

*Poetry Rocks!* Poetry workshops offer fun, innovative tools to get students writing verse. Dream Keepers offers poetry workshops around a variety of themes (Superheroes, Winter Tales, The Book of Me) and all workshops can be modified to fit current classroom topics. Poetry exercises include *Writing Haiku and More; Boing! Boom! Bam! Onomatopoeia Poems; The Six-Word Memoir, Found Poetry, Blackout and Whiteout poetry, Disgusting Love Poems, and more.*

*Writing Your Happily Ever After: Journaling to Achieve Goals.* Journaling improves memory and sleep, boosts productivity, improves immune cell activity, and supports goal achievement. In this fun and engaging workshops, participants will try a variety of exercises that they can use at any time to cope with test anxiety, a difficult day, or just for kicks! Exercises include: *The Six-Word Memoir, Imagining My Happily Ever After, The Bucket List, The Gratitude Note, Superhero Me!* and more.

*The How-To Book.* Students will learn how to tap into their genius and write (and illustrate) a teenie-tiny how-to guide. Past participants have taught their peers how to blow bubbles, walk dogs, or be a superhero.

*Write-A-Thon!* National Novel Writing Month offers students a rare opportunity to write an entire novel in a month (okay, a novella, which is a really short novel). Students learn how to develop characters, create a setting, dream up an adventure, and write it all down in story form!

*The Book of Me: A Collection of Poems and Stories about Me.* Students love telling their personal stories! From researching their names to examining their values, students love crafting poems and stories about who they are, what they love, and who they want to be when they grow up.