



MEMOIR FOUNDATIONS

Get Ready to Write (8-Week
Live Program)

DALE DARLEY

www.daledarley.com

WELCOME

You've lived. You've learned. You've carried stories, lessons, and hard-won truths inside you for years—maybe decades.

Now it's time to write the book that holds it all because you've reached a point in life where your voice deserves space. Where your legacy deserves to be shaped by you.

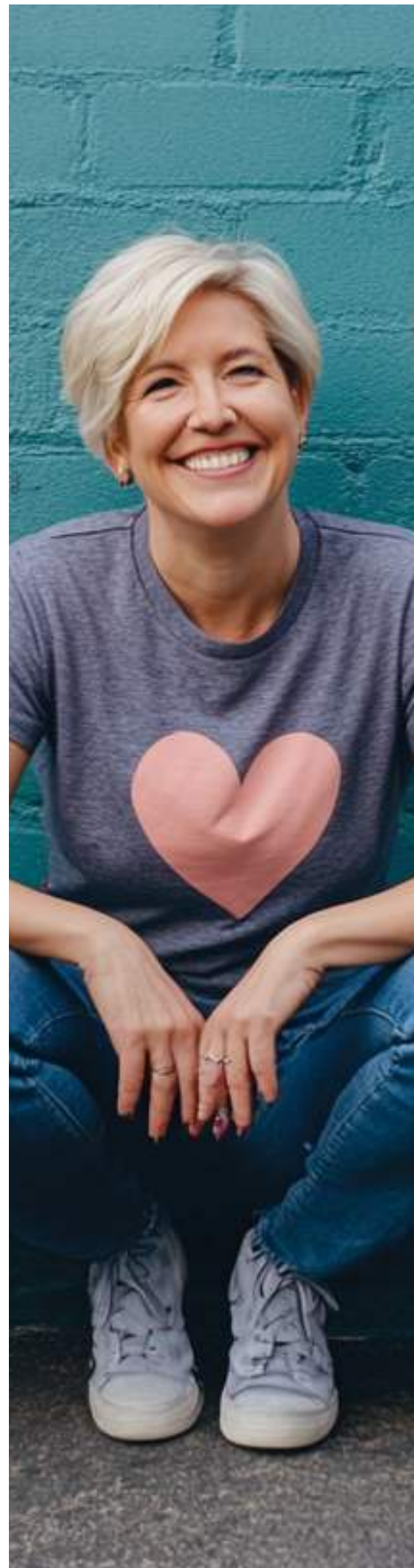
This is not something where you rush through templates or churn out 'stuff'. It is a guided, grounded, and soulful space to explore what your book wants to become and who you become as you write it.

Foundations is over eight live sessions. You'll be in a Zoom room with other people feeling the same way that you do – a mix of yikes, I am going to do this and a pinch of what the hell am I doing?

We will work out whether yours is pure memoir or hybrid. Map your memory, build your timeline, and sort the three books you didn't know you were writing into the one that you really want to write and publish. You'll start with the life you have lived and walk away with a chapter plan and be ready to write.

I'll be walking beside you, with my own book ideas. We'll be in it together - creating, questioning and celebrating.

Let's rock this.



IS THIS FOR YOU?

You don't need to have it all figured out. You don't need to know your title or your chapters yet.

You just need to feel the pull - that whisper that says, "There's something I need to say."

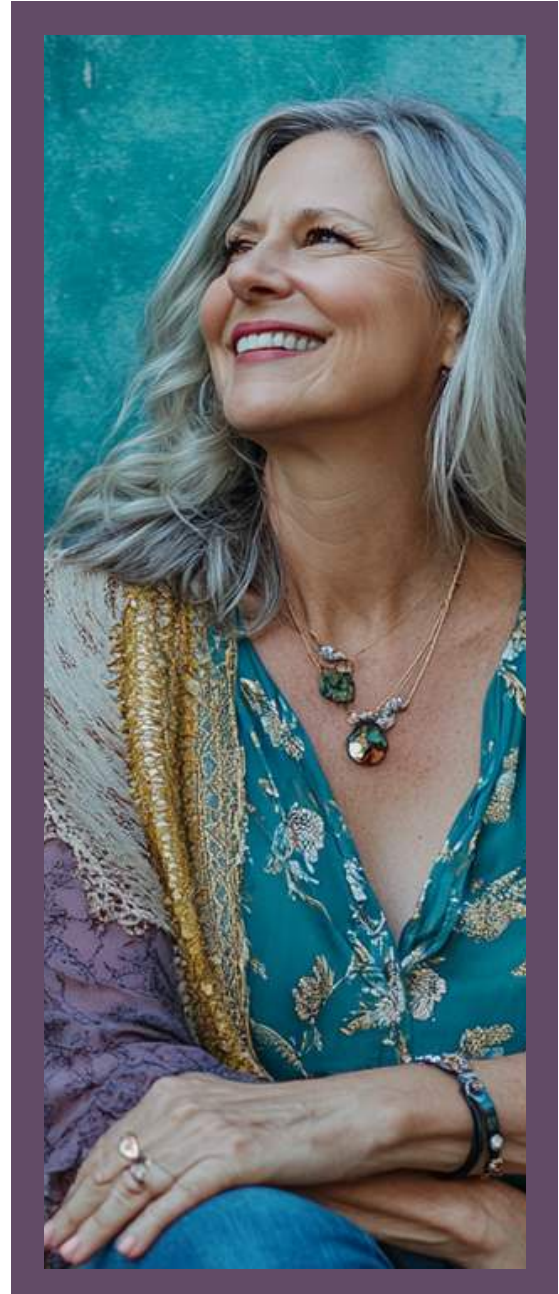
This is for you if:

- You're ready to explore your story and message
- You feel the urge to create something lasting and meaningful
- You want a gentle, structured space to support your ideas
- You're in a season of transition, reflection, or reinvention

You want to create a book with soul - not just strategy

This isn't for you if:

- You're focused solely on speed and getting it done with AI
- You're not open to reflection, community, or personal growth



WHAT YOU'LL CREATE

By the end of 8 weeks, you'll have:

- Confidence in your story's value and relevance
- Clarity about which book you're actually writing
- A clear message and a transformation arc you recognise rather than invent
- A memory map and timeline - your whole life on the wall
- A chapter-by-chapter outline with your story list
- Understanding of where your wisdom emerges organically from your story
- A roadmap that makes writing possible - and sustainable
- A renewed sense of purpose, confidence, and creative momentum



HOW IT WORKS

- 8 weekly 60-90-minute group calls (via Zoom)
- Optional 2 further weeks for ask me anything sessions
- Private community, Q&A, and sharing
- WhatsApp group for motivation, support and encouragement
- Workbooks and resources
- An invitation to join write with me (\$25/month) - 4 writing sessions each month, plus ask me anything

WEEKLY BREAKDOWN

01

Week 1: Why This Book, The Memoir Fork & Safety

What we are doing: We dig beneath your polite party explanation to find the real engine driving your book. We run the Energy Test to make a firm initial call on whether you are writing a pure memoir (pure story) or a hybrid memoir (story plus teaching).

Finally, we build your practical safety protocol to keep you grounded whenever you handle heavy memories.

What you leave with: The real reason you are writing this book now, a working decision on pure memoir vs. hybrid, and a tested emotional safety protocol.

02

Week 2: Memory Mapping & The Timeline

What we are doing: We review how your safety protocol held up. Then, we map your life onto paper; we'll use the timeline and turning points exercise to uncover the story and what is beneath the story before translating that map into a straightforward chronological timeline of the story you want to tell.

We focus entirely on breadth over depth – looking for known and potentially hidden stories.

What you leave with: A broad visual map of your life and a structured story list containing 30 to 100+ raw entries.

03

Week 3: The Story Audit

What we are doing: We take your raw story list and audit it. We look at what's actually on the page: what surprised you, where the blank gaps are, and which entries make your body light up or shrink back. We trim away the dead weight and isolate the "gems".

What you leave with: A clean, curated list of key moments - stripped of fluff - ready to evaluate for audience and theme.

WEEKLY BREAKDOWN

04 Week 4: Story, Teaching & Your Reader

What we are doing: Working from your curated list, we explore your core theme and distinguish between your pure story and any teaching you are reaching to include.

We define who this book is for, where they are in their life when they pick it up, and what you want the book to do for them.

What you leave with: A clear understanding of your ideal reader, your core theme, and a firm, evidence-backed choice on your book's direction.

06

Week 6: Recognising The Shape

What we are doing: Rather than forcing your life into an artificial template, we identify the natural pattern your narrative already forms (such as a Man in Hole, Quest, or Rebirth).

What you leave with: A recognised structural shape for your narrative that feels like a discovery rather than an invention.

07

Week 7: Building the Chapter Plan

What we are doing: We reorder your story list according to your narrative shape rather than strict calendar order. We build a physical skeleton of the book that shows where every piece fits.

What you leave with: A working, chapter-by-chapter outline with a realistic estimate of word count and timeline.

05 Week 5: Who Were You? (The Arc)

What we are doing: Before shaping the narrative, we examine your past self - the protagonist who lived the story.

We identify the false belief she held and the gap between who she was then and who you are now.

What you leave with: A clear understanding of your book's transformation arc, rooted in who you were before the story changed you.

WEEKLY BREAKDOWN

08 Week 8: Defending the Plan

What we are doing: We stress-test your outline chapter by chapter to ensure every scene earns its place.

We formally end the planning phase so you can step across the line into drafting.

What you leave with: A brilliant chapter plan, absolute clarity on your next steps, and permission to stop planning and start writing.



09-10

These are optional weeks where you can turn up and ask me anything.

What you leave with

The real reason you are writing this book now, a working decision on pure memoir vs. hybrid, and a tested emotional safety protocol.



THINGS YOU NEED TO KNOW

Going in without going under

When you write about any kind of experience, your body will often sound alarms – you will possibly feel sick, your throat might be stuck, your tummy bloats – name your special bodily reaction. Then your good old mind will tell you other stories – of course it will.

So the first thing you learn is how to step into a hard memory, take out the piece of truth you came for, and step back out - before it pulls you down.

Small doses with a way back. You'll build your own way of doing this before you ever write the difficult scene alone.



The secret keepers

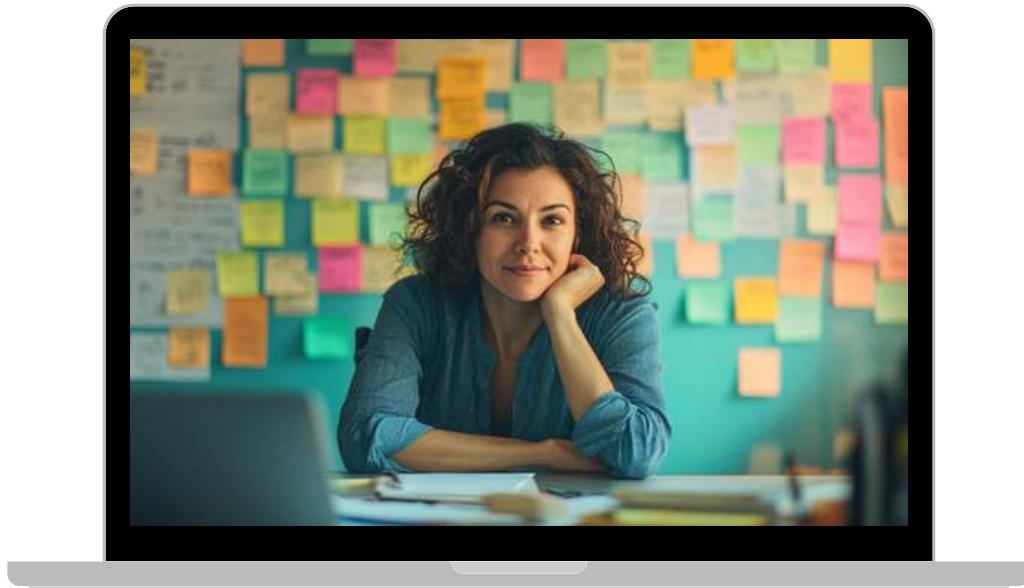
Every family has its rules about what's not said, and you learned yours a long time ago.

Writing your life means facing the fear of being seen, judged, or of breaking those rules - of what your sister will think, of what the dead might say or the plates they may throw at you.

We look at the difference between telling the emotional truth and reciting the literal facts, and at how to be faithful to what happened without lighting a fire you can't put out.

JOIN NOW

PROGRAMME DATES & DETAILS



- Start date: Wednesday Oct 21st 2026
- Duration: 8 weeks (Live interactive cohort)
- Location: Online via Zoom (All teaching sessions recorded)
- Time: 18:00–19:30 UK / 19:00–20:30 CET / 1:00–2:30 PM US Eastern / 10:00–11:30 AM US Pacific
- Investment: €495

A smiling woman with grey hair and a teal patterned top is shown on the left side of the image. A large purple rectangular overlay covers the right side, containing white text. The background is a warm, indoor setting with a wooden wall and a potted plant.

AND FINALLY

You don't need to be ready. You just need to be willing.

This is your invitation to write the book that only you can write. To tell the story that no one else can tell. To leave a legacy that's true to the life you've lived.

If that stirs something in you - come join us in Memoir Foundations

Your Story. Your Legacy. Your Book.

[JOIN HERE](#)