



Elizabeth M. Castillo

POET | WRITER
WORKSHOP FACILITATOR

Hi, I'm Elizabeth M Castillo, multilingual, award-nominated poet, writer, and experienced writing workshop facilitator. I specialize in creating immersive sessions that cater to writers at all levels, helping them refine their craft, unlock their creativity, and build a sense of community.

Why my workshops?

Every writer, whether emerging or seasoned, can benefit from a dedicated space to experiment, learn, and grow. My workshops are designed to:

- Inspire fresh ideas through innovative writing prompts and activities.
- Develop technical skills with focused themes and exercises.
- Foster community by encouraging constructive feedback and open discussions.
- Adapt to participants' needs, ensuring that each session feels relevant, practical, and rewarding.

I bring over 10 years of experience as a writer and educator, with a proven track record of guiding writers to achieve their creative goals. As a successful poet and author of two critically-acclaimed poetry books, my work has been featured in publications the world over, and I've had the privilege of facilitating workshops for many established writer groups such as Geneva Writers Group, MumWrite UK, The Poetry Club, The Resilient Writers Summit, The Canadian Crow Collective, and more.

What do I offer?

I offer a range of workshop formats, both in-person and online, including but not limited to:

- Half-day workshops.
- Full-day intensive sessions with a mix of theory, practice, and feedback.
- Multi-week courses.
- Bespoke sessions tailored to the interests of your group.

What I offer

WORKSHOPS



CRAFT WORKSHOPS

EXPLORE THE ART OF STORYTELLING AND POETRY THROUGH FOCUSED THEMES, PERFECT FOR HONING TECHNIQUE AND CONNECTING DEEPLY WITH YOUR VOICE.

WRITER BUSINESS WORKSHOPS

LEARN THE TOOLS TO NAVIGATE THE PUBLISHING WORLD, FROM LAUNCHING A BOOK TO BUILDING AN AUTHENTIC AUTHOR BRAND. IDEAL FOR WRITERS READY TO SHARE THEIR WORK WITH THE WORLD.



WRITING & WELLBEING WORKSHOPS

DEVELOP RESILIENCE, SET MEANINGFUL GOALS, AND EMBRACE SELF-CARE AS A WRITER. THESE WORKSHOPS SUPPORT YOUR CREATIVE JOURNEY WHILE AVOIDING BURNOUT AND SUSTAINING INSPIRATION.



GENERATIVE WORKSHOPS

JUMPSTART YOUR CREATIVITY WITH ENGAGING PROMPTS DESIGNED TO INSPIRE NEW POEMS, STORIES, OR ESSAYS. IDEAL FOR WRITERS SEEKING FRESH IDEAS AND INCREASE THEIR WRITING OUTPUT.



What I offer

2025 WORKSHOP CATALOGUE



CRAFT WORKSHOPS

- Writing the imperfect
 - Personal stories, universal emotions
 - Multilingual and cross-cultural writing
 - Writing what hurts
 - Writing for resistance
 - Writing through the senses
 - Atmosphere and setting
 - Poetry and protest
 - Crafting characters outside your experience
 - Writing Motherhood
 - Eco-poetry & prose: writing the ocean
 - Eco-poetry & prose: writing the earth
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WRITER BUSINESS WORKSHOPS

- The Self-Published Poet's Playbook
 - Getting your work published
 - Planning your book launch
 - Creating a network and pitching your work
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WRITING & WELL-BEING WORKSHOPS

- Bravery on the page
 - Resilience and Self-Care
 - The cheerleader effect : building self-confidence as a writer
 - The pushchair in the hall : juggling writing and parenting
 - Cultivating a sustainable writing practice
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GENERATIVE WRITING WORKSHOPS

- Prompt and exercise based writing sessions

Interested in booking my services for your writing group or event? Get in touch emcwritesthings@gmail.com

