

Personal life reflection

What is this?

Your unique life story

You tell it and I will listen.

a) This may be all you wish to do; to talk, to share what you would like to say, and to be fully heard.

Or

b) You may wish to share your story in print. I can compose a presentation copy for you.

“Reflecting on my life with Debbie was an amazing and very positive experience that has left me feeling remarkably tranquil and at peace with myself. It was a wonderful affirmation of a life well lived and I was able to really express how I want to be remembered as the person I am now, with a lifetime of rich and deep experience behind me, rather than through my family having to remember ‘snapshots’ of how they have seen me during that lifetime. Somehow it has made me feel that – yes – I am a Human Being, my life has purpose and meaning, I have contributed to the well-being of others and I will be remembered when I die.

I am very grateful that I have had the opportunity, and I would recommend it to anyone.” JH

Debbie Jones

You have many stories to tell; those through your ages, of joy and sadness, struggles and success, work and play, of times spent near and far away, connections with loved ones, as well as with those met only briefly, yet who remain in your memory.

Spending relaxed time with you in your home, I will listen and guide you, as you share your personal history.

Create a fascinating, meaningful gift for your family and close friends!

Your descendants will discover information about their roots and the life experiences that came before them.

Your precious story, and its place in your family history, will be preserved to be discovered and enjoyed. Your memories won't be lost.

All you will need to do is talk, sharing your story with me, and I will do the rest.

I will type your story, in a style of your choice, and create a presentation copy for you to proudly share. Scanned copies of your photos may be included.

Also available if arranged beforehand: a digital audio recording on cd and mp3 of you speaking your story. The gift of hearing your voice will bring pleasure in the years to come.

Time span

I offer one or two visits, each of up to two hours in length. The choice is yours.

Prior to my first visit, we will have a brief, friendly introductory conversation on the telephone.

I will then send you some guidelines on how to prepare for my visit; for example considering which significant life events that you definitely wish to include.

Once the visits are over, my aim is that you will receive your printed presentation copy, (and audio recording if ordered), within three weeks.

Cost

Sliding scale £50 - £80 per hour of time spent with you (excluding tea breaks, which are encouraged!).

You choose your level of payment according to your means.

This fee also covers my travel costs and time, and time spent producing printed and electronic copies for you.

Beyond a 20 mile radius of M16, Manchester, there may be additional travel expenses.