

Check here if:

I've had something unexpected happen in my life

I've had to go a different route because life had other plans for my plans

I'm not sure where my path is going

If life didn't go as you expected, that's a detour.

Sometimes, we can't learn to love our detour until we spend a bit of time traveling it – we need to give that detour enough time to form a story of its own.

Why should you love your detours?

- Detours lead to endless discoveries.
- Detours give us ways out.
- Detours connect us.
- Detours make our stories.
- Detours make our meaning.

Detours allow us to find the exotic flowers along the unexpected path.

A Detourist doesn't just take the detour, they embrace it – bumps and all – and keep traveling.

You're On The Road: A Workshop for Detourists

Detourist workshops bring people together from all ages, professions and backgrounds, celebrating the detours that make us who we are. Using the Detour Road Map to Resilience* participants will claim their Detourist identity by discovering arrows to navigate through life's messy detours.

Detourists workshops can include engaging discussions, writing prompts, art activities, theatre games story-circles, and plenty more surprises along the way. Most importantly, workshops are journey to endless discovery – and an eagerness for the infinite detours to come!

We might not know where our detour is headed, but the more we travel, the more we see that our detours are not really detours at all. They are the path we've taken – a path that's forever imprinted in our souls and in the hearts of those our "detours" affect.

- *Participants will walk – or travel – away with:*
- Tools for improvisation: the [Art of life](#)
- Creativity as a way to see the world and essential mindset
- Challenge [old ways of thinking](#)
- Turn Adversity Into [Creative Growth](#)
- Methods for setting up a Community Detour Day
- And many more tools for navigating detours in life.

You're on the road, Detourists! A detour is not a dead end.

These are key ideas for #LoveMyDetour - We navigate our detours through creating our own recipe for resilience:

- **The Power of Stories:** the healing effects of sharing our story, learning our stories for ourselves, and allowing ourselves to be affected by the stories of others
 - **Gratitude:** The idea of cultivating hope through gratitude. Through simple exercises and habits, including the discipline of a daily gratitude list, we become grounded in who we are, once we know what our values are and what we stand for. Once anchored in ourselves, we can begin to access our inner-trust and compass to navigate our detours
 - **Creativity:** Once we become grounded in who we are through gratitude, we can use creativity to center ourselves and propel us forward. Through creativity, we are able to be with our experiences and emotions that may be too painful, frightening or overwhelming for words, as well as experiences that have yet to be acknowledged.

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Handout form at the end of presentation

- I want to share my story
- I want to be part of your Detourist community
- Send me info on how to organize a community detour day
- I'm interested in having you host a workshop for my group
- I'd love a free detour guide

You're On The Road: A Workshop Along the SuperHero's Archetypal Journey for Detourists

AMY OESTREICHER

A detour is many things – unexpected, a nuisance, difficult, hard to grapple with, frustrating, - but it can be beautiful. By sharing our stories, we rewrite our own narratives, rediscover our true identities, foster compassionate communities, and become travel partners on these journeys with no straight path. Through this, we gain adaptability and create a positive, empowered attitude toward obstacles, physical or mental struggles, hardships, and trauma.

Can we envision a world together where “detours” in life are everyday blessings?

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Creating a Detour Road Map to Resilience* participants will claim their Detourist identity by discovering arrows to navigate through life's messy detours.

Are you ready to take journey to endless discovery – and an eagerness for the infinite detours to come?

A Detourist Workshop plants the seeds for change in the world we live in:

How do we create a community that supports every individual in their own process of healing?

How can we reach out to others and what is the benefit, for the as well as for us?

What are the effects of stigma? How can we destigmatize “detour”, illness, or struggles that many people don't share? How do we heal when we start sharing them? How does the archetypal hero's journey help streamline this for all of us?

Transitioning through various life cycles, can be a very stressful time, full of day-to-day decisions and plans that don't go exactly as we “plan.” Stress, anxiety, can make us feel like we're entirely alone in our struggles. How can we cope in healthy ways, and make these detours into a heroine's journey?

A “detour” doesn't have to be a life-altering event. A detour can be as simple as an idea going in a different direction that you had anticipated. Living life as “Detourists” enables us to become empowered by surprises, and excited for unexpected events, allowing them to thrive in any sort of uncertainty. Through viewing any “curve in the road” as a detour, we as humans, in various transitional phases, are empowered to make decisions and navigate where there might not be a clear map.

What's a detourist? A [detourist](#) travels along detours – simple enough. But in addition, a detourist embraces those unexpected routes as opportunities for growth, change and self-fulfillment. As a *detourist*, we look for the upside of obstacles. We welcome the unexpected change in my “thought-out” life, and see what opportunities may arise.

You'll participate in expressive, creative exercises using art, writing, and theatre games to find your own "flower" from any detour in your life so far. Don't stress – just keep traveling! You'll turn adversity into creative growth and gain the confidence to travel down whatever road life takes you. Living life as a "Detourist" leads to unexpected blessings.

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1. Participants will be able to identify four qualities that foster resilience in times of adversity.
2. Participants will be able to develop three creative tools to help them navigate a "detour" in life.
3. Participants will be able to define two instances of a "detour" in their life, and connect how each "detour" has contributed to their identity.
4. Participants will be able to apply "Detourist" multidisciplinary principles to creating a compassionate community.
5. Participants will be able evaluate two ways communicating "Detours" through art can advance a social justice initiative