
Guided Journaling for Brand Partners

Meera Innes

Writer & Analog Reflection Facilitator

AN OFFER FROM MEERA INNES

I design and deliver *in-person guided journaling experiences* for brands that value authentic community connection. Each session gives your audience a quiet reason to gather, a structured way to reflect, and an intimate experience that can't be replicated online — and that they'll associate directly with your brand.

PAST EVENTS

Soho House Berlin

Ongoing partnership — monthly sessions for members

10 min

to sell out, pilot session

“Loved it. Members would appreciate regular sessions.”

— Soho House member

LAP Coffee, Berlin

Community pop-up journaling session

81 sign-ups

for 15 available spots

“This should take place once a week in every café in the city.”

— LAP community

TikTok

Brave, Bright, Unstoppable — Women in Tech Germany

Corporate

internal experience, 2026

“A powerful reminder of why analog still matters in an age of AI.”

— TikTok participant

HOW A SESSION FLOWS — 75 TO 90 MINUTES

01 Arrival & settling 5 min	02 Guided meditation 10 min	03 Prompt 1 — Freewriting 15 min	04 Writing session (up to 4 prompts) 40 min	05 Reflection & optional sharing 10 min	06 Close — one sentence of intention 5 min
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Participants write throughout — there is no performance, no group work. My role is to hold the space, set the prompts, and keep the room grounded. Sharing at the end is always optional.

WHAT I NEED FROM YOU

– A quiet room for up to 20 people, set with chairs and tables	– Low/soft lighting; no harsh overhead UV
– Tea or filter coffee available on arrival (self-serve is fine)	– Speaker or sound system for background music
– Access 30 mins before start to arrange space	– No AV, no projector, no staff support required

Operationally light. The invite should stipulate that guests bring their own writing materials, unless you want to provide notebooks and pens as part of the experience.

PRICING

Pricing is tailored to format, frequency, and audience size. Available on request.

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