

From “One day I’ll write my story...” to “This weekend, I will!”

Tuesday 11 November, 2025

My LifeJars launches immersive Life Story Workshop Retreats 25/26

... to help people finally capture their stories, in their own words, photos, and voice.

Inaugural weekend 28 November 2025 - The Historic LITTON MILL Peak District Derbyshire

If you’ve ever said, “One day I’ll write my story,” that day starts now. My LifeJars blends innovation with compassion, offering peace of mind through world-class security and beautifully simple tools to help people get organised, protect what matters and capture their story. Founded by Suke Ridler, is launching its Life Story Workshop Retreat — a transformational weekend designed to help people write, tell, and capture their life stories with confidence and heart.

Limited to just eight participants, this intimate retreat takes place at the stunning Litton Mill in the Peak District. Over the weekend, guests will receive gentle writing guidance, storytelling coaching, and hands-on digital memory capture from wellbeing writer and journaling coach Anna Woolliscroft, alongside My LifeJars founder Suke Ridler, whose own near-death experience fuels her passion to help others preserve what matters most.

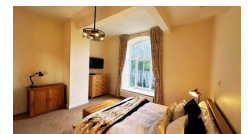
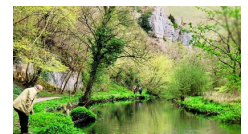
“This retreat is about more than writing...

it’s about reflection, connection, and our life,” says Ridler. “We help people bring their memories to life through words, photos, and even video, so their story, voice, and wisdom live on.”

Participants will enjoy creative sessions, local walks, delicious meals, and a filmed storytelling segment to create a moving keepsake for future generations.

This retreat is part of My LifeJars’ mission to help people become Life Ready, blending practical planning with emotional storytelling. Their digital platform and patented encrypted online vault securely store vital documents, passwords, wishes, and precious memories, ensuring peace of mind and life preservation.

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