

Lynda Monk

MSW, RSW, CPCC

Speaker • Author • Journaling Coach



Lynda Monk is Director of the International Association for Journal Writing, a global community dedicated to the transformative power of journaling.

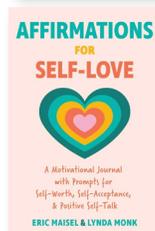
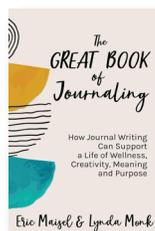
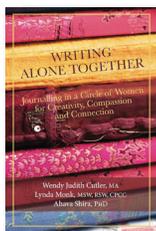
She's an engaging keynote speaker and gifted storyteller who inspires audiences to cultivate meaningful self-care, resilience, joy and personal growth through reflective journal writing.

With over 30 years experience as a social worker, coach, and facilitator, Lynda brings warmth, practical wisdom, and uplifting insight to every audience and event.

Popular Speaking Topics

- Journaling for Self-Care & Burnout Prevention
- Writing for Wellness & Personal Growth
- The Power of Journaling in Community
- Journaling for Adoptee Healing & Identity

Lynda has authored, co-authored & co-edited numerous books.



What People Say

Client Testimonials



ERIC MAISEL

Author of Brave New Mind

“Lynda Monk is a generous workshop leader whose years of experience as a journal-keeper and journal teacher shine through. Don't miss your chance to spend time with her!”

ANDREA METZGER

Transition House Manager

“Lynda Monk's Journaling for Self-Care workshop was a welcome break for my team of frontline workers. By the end of the session our souls were refreshed, and our level of camaraderie was strengthened.”

KERRY WATTS

BC Council for Families

“Lynda is a passionate and engaged speaker. The feedback we received from our participants was overwhelmingly positive.”

MARY E. PRITCHARD

PhD, Body Love Expert

“Lynda Monk's authentic and easy-going style made her one of my favorite people to interview as well as one of my viewer's favorite speakers to watch.”

ELIZABETH BISHOP

Serving Consciously

“Lynda Monk is a wise, patient, entertaining, and articulate speaker. She speaks from her heart with clarity in a way her audience can relate to and be inspired by.”

Featured In



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LyndaMonk.com & IAJW.org