



GAB SUMMIT 2026

Guided Autobiography Summit

HOSTED BY THE BIRREN CENTER FOR AUTOBIOGRAPHICAL STUDIES

Transformative Storytelling: Stories that Connect Us

WHEN

October 14–16, 2026

WHERE

Online / Global Event

COST

Free to Attend

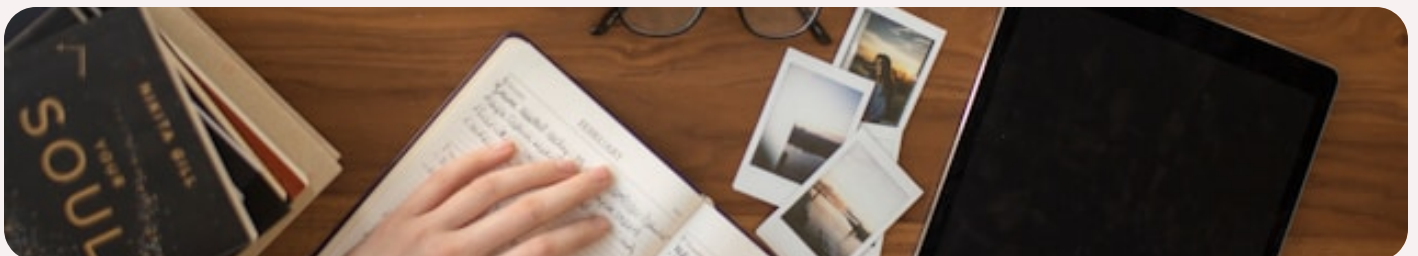
Whether you're eager to begin writing your life story or a Guided Autobiography (GAB) instructor seeking fresh insights and professional growth, the GAB Summit 2026 offers something for everyone. This three-day event brings together life writers and GAB instructors from around the world to explore, share, and celebrate the transformative power of storytelling.

For Life Writers: Uncover the Power of Your Story

If you've ever wanted to write about your life but didn't know where to start, GAB is a proven method that will guide you through the process. At the summit, you'll hear from experienced GAB instructors as they share their unique approaches to helping students discover the meaning and lessons within their personal history.

WHAT IS GAB?

Guided Autobiography (GAB) is a unique method for writing about your life, two pages at a time, created by gerontologist Dr. James Birren and now carried on by Dr. Cheryl Svensson at the Birren Center. There are now over 800 instructors worldwide. When you take a class with any one of them, you'll explore your life journey, thrive in a supportive community, and connect with like-minded people who share your passion for storytelling and personal reflection.



For Instructors and Aspiring Instructors: Elevate Your Impact

For GAB instructors and those interested in becoming one, the summit offers a wealth of professional development opportunities. From marketing your classes to exploring new creative techniques and adapting GAB for diverse audiences, you'll gain valuable insights to elevate your teaching and expand your reach.

Why Attend the GAB Summit 2026?

Inspiration for everyone: life writers and instructors alike

Fresh perspectives on storytelling, memory, legacy, and connection

Professional growth for instructors: teaching techniques, marketing, community-building

A supportive, judgment-free global community

Meaningful connections that last long after the summit ends

Save the Dates: October 14–16, 2026

This is more than just a writing event — it's a celebration of storytelling, personal growth, and professional development. Whether you're attending to share your story, learn new teaching methods, or connect with a global community of life writers, the GAB Summit 2026 has something for you.

REGISTRATION IS FREE

bit.ly/gabwaitlist

Pre-register now to be among the first to receive updates.



ABOUT THE HOST & ORGANIZER

The GAB Summit is sponsored by the Birren Center for Autobiographical Studies and hosted by Elizabeth Johnston, a certified GAB instructor with extensive experience in running summits. With over three decades of expertise in teaching story, she passionately leads the way in providing platforms for visionary leaders to share their stories, wisdom, and expertise to inspire others.