



# WriteHere, RightNow

Academic Live-coaching writing retreat

Mornings Monday 11<sup>th</sup> to Thursday 14<sup>th</sup>

January

9.30am-12.30pm

Cost £195

"Liberating, inspiring" (University of Sheffield 2016)

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- Dedicated, focused and productive writing time
  - Better confidence, motivation and mood management
  - Greater awareness of what gets in the way and how to overcome it
  - Strategies for consistent and productive writing practice in the context of wider academic work
    - Learning from the collective wisdom of the group
    - Commit to a personal writing practice
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Our online retreat is an opportunity to join others in an online live coaching writing environment. Writing is integral to academic life and yet, even when there is empty space ahead, it can be hard to get going, let alone sustain momentum. We create a context that means you'll get writing done while also developing strategies to improve confidence, motivation and mood management, to overcome writing hurdles, to balance writing with the rest of life, and to learn from the collective wisdom of the group.

WriteHere, RightNow offers a unique format that brings together the space of a writing retreat with the provocation of live coaching to enhance and sustain an effective writing experience. The basis of these retreats emerged from coaching academics to take a step back, realign with the purpose of their writing and engage in strategies to bring writing back into the heart of their work. The retreat provides a powerful format to get writing done, harnessing the collective energy of the group, while the live coaching invites greater awareness of how to shape the writing experience. By bringing a focus on maximising the potential of the writing, and learning to creatively manage interferences, performance becomes the outcome of an effective practice rather than a hindrance.

This unique combination of retreat and live coaching means that, while working on a current piece of writing, participants also engage in a series of coaching-based experiments. These experiments are designed to embed motivation, instil confidence and generate productive writing habits beyond the retreat itself. The retreat combines the power and wisdom of group learning, individual provocation and writing practice.

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## To Register

Please email [hello@writeclubcoaching.com](mailto:hello@writeclubcoaching.com) stating:

- Role
- Discipline
- What you will be working on (e.g. chapter, article, book, proposal etc.).
- Briefly in a sentence, what you want to gain from the retreat?

We will then send you details for payment of £195 and once payment is received, we will send you Zoom joining instructions and further details.

## Who is it for?

WriteHere, RightNow is for Academics at any stage of career and discipline who want to create a more effective writing experience. The retreats have been attended by researchers, lecturers and professors working in all disciplines –from physicists to creative writers, sociologists to mathematicians. The process of WriteHere, RightNow is powerful for those who feel they are stuck in a rut, find it hard to fit writing into their schedule, lack motivation, need more confidence, are inhibited by fear, find it hard to prioritise, feel overwhelmed by writing, have lost the habit, or simply want to find their mojo again!

## What's involved?

WriteHere, RightNow is designed to enable participants to move forward with their writing, generate insights about their writing practice and identify personal strategies to create productive writing habits. Key elements of the retreat are:

- Setting up: introducing a coaching approach and the relationship between performance, potential and interferences; sharing current experience of writing and how participants would like it to be; establishing what participants want from the retreat; setting intentions.
- Engagement & method: developing an agreement amongst the group for the time together; committing to 'when it's writing time, write!'; separating drafting from crafting (writing to think and editing to present); being curious with a beginner's mind; warming up and cooling down.
- Live coaching experiments: reflective exercises that lead to insights to be applied to focused writing time. Themes include: setting intentions; realigning with vision and purpose; managing fear (the inner critic, the saboteur, the impostor); being present; mood as perspective; writing with confidence, creativity, focus and rhythm; being with your writing.
- Developing strategies and commitment: applying the principles; setting the conditions; developing habits that sustain momentum; identifying personal commitment to writing practice.

Through the retreat participants engage in personal reflection, focused writing time, group sharing and, when appropriate, individual interventions from the coach.

## Beyond the retreat

Participants will identify personal strategies for their writing and be challenged to put those into practice. Approximately 6 weeks after the retreat participants can be invited to attend a webinar to 'check in' on their progress since the retreat. The webinar will be held in a coaching format working through themes that participants bring to the call.

Participants who want to go further and embed their writing habits can:

- Form their own writing club (for example meeting regularly or arranging regular 'check-ins').
- Join a facilitated virtual writing club, providing shared commitment, accountability, and continued learning.
- Explore one-to-one coaching.

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## Testimonials

"Really excellent. Such a good use of my time -wish I could do this weekly! Will is fantastic -flexible, adaptable, supportive, unpredictable." (Lancaster University, 2018)

"Enlightening, empowering, thought-provoking, confidence inspiring." (North Academic Research Training Initiative, 2015)

"Wonderful –well delivered, organised, effective, thought-provoking and fun. Delivered aims, met my objectives." (University of Liverpool, 2017)

"This was the most worthwhile event I've attended. Should be widely available and also have follow-ups offered."  
(Lancaster University, 2014)

"Excellent, well worth attending and justifies the over-booking. I think it's a difficult area, seems personal, but we all got something today." (Lancaster University, 2014)

"What a fantastic workshop. It provided our group with a wonderful opportunity to spend time getting to know more about, and sharing our individual experiences of, passion for and values associated with writing. We delved deep into what writing means to us as individuals and as a group and explored the range of barriers that routinely interfere with us enjoying our writing and being as productive as we want to be. Will was sensitive yet demanding and he required us to regularly and repeatedly step out of our comfort zone, both personally and professionally. His expert facilitation provided a safe and comfortable space in which to engage critically with our writing practices. The tasks were varied and illuminating and we all took away tips and ideas that will support our writing into the future. Individually, and collectively, we learnt so much about ourselves and each other and about the importance of writing to our personal and professional identity. We would highly recommend this workshop to academics, irrespective of your discipline and experience."

(University of Edinburgh, 2015)