



WriteHere, RightNow

Live-coaching writing intensive
over the course of one week

This unique intensive is more of an advance than an intensive! Building on our unique live-coaching format, we bring the elements of a writing intensive into the heart of your work routine by running morning writing sessions, leaving the afternoons available for your normal everyday work. Unlike 'intensives' after which the reality of other demands hit, in ours writing is sustained in the context of those other demands, inviting the possibility of establishing *new writing habits in balance with the rest of life*. The intensive runs during each morning, with participants using afternoons either to attend to other needs or to prepare for writing the next day. Throughout the intensive participants engage in personal reflection, focused writing time, group sharing and, when appropriate, individual coaching support. During the morning focused writing sessions, options for short 1-1 coaching are offered.

OUTLINE	Morning Facilitated Session (9.30-12.30)	Afternoons
Day 1	<ul style="list-style-type: none"> - Setting up: developing an agreement amongst the group for the time together; sharing current experience of writing and how participants would like it to be; establishing what participants want from the week; setting intentions. - WriteHere, Right Now method: The three kinds of writing; Separating drafting and crafting; Warming up, warming down. 	Participants either: <ul style="list-style-type: none"> - Attended to other things (e.g.childcare, admin, other work) - Prepare for their writing the next day (a key part of the method is separating preparation from 'writing' itself) - Continue writing or editing (some caution is recommended about sustaining energy levels; we would encourage this to be in service of being able to write the next day) This could include organized peer-2-peer support conversations about the writing.
Day 2	<ul style="list-style-type: none"> - Realigning with vision and purpose - Facilitated Writing Block (10.00-12.00) - Option for 1-1 coaching - Debrief and learning (12.00-12.30) 	
Day 3	<ul style="list-style-type: none"> - Managing fear (the inner critic, the saboteur, the impostor) - Facilitated Writing Block (10.00-12.00) - Option for 1-1 coaching - Debrief and learning (12.00-12.30) 	
Day 4	<ul style="list-style-type: none"> - Establishing writing mood - Facilitated Writing Block (10.00-12.00) - Option for 1-1 coaching - Debrief and learning (12.00-12.30) 	
Day 5	<ul style="list-style-type: none"> - Facilitated Writing Block (9.30-11.30) - Developing strategies and commitment: applying the principles; setting the conditions; developing writing habits that sustain momentum; identifying personal commitment to writing practice (11.30-12.30) 	