Coaching for Completers

An Overview on Writing Retreats

Full Day/Half Day\* – Schedule

On-line writing retreats offer an accessible means of taking time away from the distractions of everyday work and life, to make time for writing. The format is aligned with residential retreats but there’s no accommodation, transport, or food costs - Retreats are on-line and you choose the venue.

‘Coaching for Completers’ brings experienced and new writers together to engage in a process for completing individual writing projects in a group setting. The aim of writing retreat is to enhance writing quality and productivity, by offering protected time within a structured and supportive environment. Participants share experiences, expertise, ideas, and support for writing eg. blogs, book chapters, dissertations, evaluations, funding applications, journal articles, poetry or reports.

Preparation for retreat requires you to focus on a writing project and think about what you hope to achieve in the time available. You can join retreat at any time, and stay as long (or short) as you can. There’s no need to register or sign up - it is an informal ‘as and when’ thing (see zoom link at the bottom of the table below).

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| **Activity** | **Purpose** | **Time** |
| **Start with ‘Quick Share’** of writing experiences or problems encountered and how we overcame hurdles along the way | To assist participants to resolve writing problems such as: finding time to write; ethical dilemma, general tips/help with writing | 9.30 – 9.45 am |
| **Set writing goals**, and offer feedback or critique in pairs/small groups (depending on numbers) | To form clear and realistic goals for the session and assist each other by giving and receiving feedback/critique. | 9.50 – 10 am |
| **Write/Revise** a current section, chapter, article or book chapter (in individual ‘retreat’ mode, camera/sound off) | To add new words or refine existing words on considering feedback. | 10 – 11am |
| **Comfort break**  (5 mins) | Stretch/Alleviate Eye Strain/ Grab a tea/coffee/fruit |  |
| **Write/Revise** a current section, chapter, article or book chapter (individual ‘retreat’ mode) | To contribute new words or refine existing words on considering feedback. | 11.05 – 12.20pm |
| \***Half-Day (ending at 12.30):**  What has been achieved?  How many words?  How are you feeling about today’s retreat? | To celebrate success  To show clear progress  To explore retreat process  To clarify afternoon session | 12.20 – 12.30pm |
| Lunch | Eat/Talk/Walk | 12.30 – 1.30pm |
| **Full-Day (ending at 3.30):**  Continue writing after lunch!  What has been achieved? How many words? Feelings about to-day’s retreat? | **Stop writing at 3.15ish:**  To celebrate success  To show clear progress  To explore retreat process | 1.30 – 3.30pm |
| **Retreat Link**: **EVERY Friday at 9.30 am 7th July -17th Nov 2023**) Join Zoom meeting on: <https://uws-ac-uk.zoom.us/j/83909446593?pwd=QWdISnl5cjlSN29TUWJVYlRIZjRJUT09>  Meeting ID: 839 0944 6593 Passcode: 166480 | | |