



Summer Write Club

Productive writing *in balance with the rest of life*

- Set writing goals that are meaningful, balanced, possible and satisfying
- Build confidence, motivation and awareness of what gets in the way and how to overcome it
 - Establish strategies for productive writing practices in balance with the rest of life
 - Ongoing peer-support and learning from the collective wisdom of the group
 - Ongoing accountability and insight with regular group coaching calls and 1-1 support
 - Create a sustainable writing practice beyond the programme

Whether your summer is an 'empty space' in your diary within which you've been planning to write, or filled with an ongoing workload within which writing is a squeeze, Write Club will help you create a balanced, productive and satisfying approach to writing. How often is time lost through realising you have too much to do, that you've set unrealistic goals, you've not the space you thought you had, you've lost confidence in what you're trying to do, or you're just too tired!

Write Club involves a combination of group coaching, peer-working and individual support that creates support, challenge and accountability in ways that help you get your writing done and develop effective writing practices you can sustain in balance with the rest of life. Paying particular attention to how you prepare to write, the habit of writing, and the goals you set and what holds you back, Write Club aims for you to end the summer with a sense of satisfaction, balance and confidence in what you've achieved, and with a clear sense of how you will take the lessons into the future.

Running from mid-June to the end of September, we begin with a day retreat to establish some core principles – this can be attended face-to-face or virtually (including following a recording) – and follow with a programme of support that includes group coaching, peer-support and one-to-one communications.

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- "Just thanks to Will and everyone else in the group for the supportive atmosphere, helpful suggestions and the ability to make even bad writing weeks seem much better after each call! I think my attitude towards writing has really shifted this summer, and become much healthier, and that's had a big impact on my day-to-day work life." (Researcher, Lancaster University, 2017)
 - "I stayed on target with my writing goals, and it enabled me to see quickly when I was slowing down and allowed me to get back on track more easily than otherwise would have been the case." (Lecturer, Lancaster University, 2018)
 - "The meetings were incredibly useful for touching base with writing and sharing experiences with others, artfully facilitated by Will." (Senior Lecturer, Lancaster University, 2018)
 - "The most useful has been Will's experience and skills as a coach. He can tune in to each individual and is so versatile in his methods. He is amazing and has truly helped each one of us, and has kept us motivated and focused." (Lancaster University PhD Researcher, 2016)
 - "I've attended a few writing retreats with Will, and each reinforces/refreshes/refines my efforts. It's invaluable." (Senior Lecturer, Lancaster University 2018).

Who is Write Club for?

The Summer Write Club is for academics at any stage of their career who want to create a successful summer of writing and establish a more effective, balanced writing experience. The programme has been attended by researchers, lecturers and Professors and PhD students, sometimes at the same time. It has also been attended by people from all disciplines – from physicists to creative writers, sociologists to mathematicians.

What's involved?

Summer Write Club is designed to be adaptive to the needs of participants. It begins with a day retreat to establish some core principles – this can be attended face-to-face or virtually (including following a recording) – and is followed by a programme of support that includes group coaching, peer-support and one-to-one review.

NB it is expected that participants will miss some parts of the programme – indeed we hope they are getting the balance right and taking a break at some point!

Stage 1: WriteHere, RightNow day retreat (attended virtually or face-to-face).

- **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; setting intentions.
- **Engagement:** developing an agreement amongst the group for the time together; establishing principles for writing (when it's writing time, write - Write it. Write about it. Write about you), separating Preparing, Drafting and Crafting (writing to think and editing to present); being curious with a beginners mind. Warming up, Warming 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 joy, confidence, creativity, focus and rhythm; being with your writing.
- **Developing strategies and commitment:** applying the principles (write here, right now; draft and craft); setting the conditions; developing writing habits that sustain momentum; identifying personal commitment to writing practice.
- **Establish goals for the summer writing plan, creating peer-support systems for sharing progress.**

Stage 2: Fortnightly Group Coaching, Weekly Peer Support and One-to-One Coaching

Following the retreat, participants will put into practice their writing strategies and will come together to reflect on learning:

- **Group coaching:** A fortnightly coaching call will be a chance to reflect on progress. The calls are adaptive to the themes that participants bring to the sessions – examples have included how to stay motivated, how to pace yourself, staying focused, how to work with co-authors, managing guilt, anxiety and lethargy. A final call at the end of the writing period will reflect on the key lessons and how to take those forward into everyday academic practice.
- **Peer-support:** In addition to the group calls, participants will form into small peer-support groups. Each group will determine how they want to support each other. Options might include: weekly check-in, assigning writing time together (face-to-face or virtual), a system of reward and challenge.
- **Weekly review:** Each week participants will be asked to complete a short review of progress on their goals and questions and send these to Will who will provide email support where needed.
- **One-to-one Coaching:** Throughout the programme will be the opportunity for individuals to have focused attention, with a minimum of 2*20 min sessions plus ad hoc support if needed. This could be at any stage of the programme.

Writing Club - Detailed Timetable

Week	One Day Live Coaching Retreat	1 Hour Group Coaching (using Zoom) (max. 6 participants on each call)	Peer Support (in groups of 3)	Weekly Email Review (June, July, September)	One-to-One support
1	10.00-5.00, Wednesday 19 th June, Halton Mill (*see below)				
2 (Monday 24 th June)		Friday 28 th June	Weekly connect with peer-group (determined by the group and may include agreed 'writing times' to check in with each other).	Each Friday send a brief review of progress to Will and plans for next week (Note during August this will be limited to a mid-month review)	2*20 minute individual focused coaching conversation with Will (plus ad hoc support if needed)
3 (Monday 1 st of July)					
4 (Monday 8 th July)		Friday 12 th of July			
5 (Monday 15 th July)					
6 (Monday 22 nd July)		Friday 26 th July			
7 (Monday 29 th July)					
8 (Monday 5 th August)		Friday 16 th August			
9 (Monday 12 th of August)					
10 (Monday 19 th of August)					
11 (Monday 26 th August)		Friday 30 th August			
12 (Monday 2 nd of September)					
13 (Monday 9 th September)		Friday 13 th September			
14 (Monday 16 th September)					
15 (Monday 23 rd September)		Friday 27 th September (2 hours) (Whole Group)			
Follow up Whole Group call (2 hours) - Friday 15 th November (TBC with group)					

Location of the Day Retreat

Halton Mill is about 3 miles North of Lancaster – www.haltonmill.org.uk

If looking for accommodation for the night before or after the one-day retreat, options include: two Hotels about 30 mins walk (Holiday Inn Lancaster or Premier Inn Lancaster), local AirBnB, accommodation in Lancaster itself.

Details of how to get from Lancaster to Halton Mill (including cycling, bus and car) are on the Halton Mill website above – a taxi from Lancaster train station will cost under £10 and take about 15 mins.

Booking and Cost

For further details or to book a place please email Will Medd on coaching@willmedd.com

The cost for the programme is £450. Arrangements to invoice Universities is possible as well as to pay monthly.

The programme is limited to 15 places. Group calls will be organised with a maximum of 6 people on a call.

About Will Medd

The programme has been designed and is run by Will Medd, a professional certified coach and former academic with an international research reputation. Building on work with academics as a coach, Will developed a one-day live coaching writing retreat format (*WriteHere, Right Now*) that invites people to find what works to them - this programme emerged to support people in making their learning count in developing effective, regular and balanced writing practices.

Will is a highly qualified coach and combines this skill set uniquely with an intimate understanding of the experience of academic life. As PhD Student (1995-2000), contract researcher (2000-2006) and Lecturer (2006-2013) Will was an REF active researcher, well versed in the challenges of interdisciplinary and cross-institutional research.

He started coaching in 2009, and has been full-time since 2013 running coaching programmes including face-to-face workshops, on-line group coaching, writing workshops, on-line group coaching, peer2peer coaching, coach supervision, 1-1 coaching, 'train the trainer' and team coaching. He has also co-written coaching training material for VITAE and two coaching books (*Your PhD Coach* (2013) and *Get Sorted!* (2015) and a resource *FailuretoLearn* (www.failuretolearn.com).

Will is deeply committed to ensuring all participants gain from the experience, offering an appropriate balance of professionalism, emotional sensitivity and humour to develop the right conditions of challenge and support, conducive to participant engagement and learning. His sessions are regularly scored as 'excellent' by participants and comments have included: "respectful, sensitive to needs of the group", "Fantastic, created a really safe atmosphere to expose the issues raised", "Excellent. Very patient when dealing with quite a few of us, kept us on track", "Exceptional – humane, forgiving, thoughtful and able to bring out the best in a diverse group" and "Excellent, professional, honest and inspiring". Will is passionate about enabling people to be at their best while recognising the need to balance academic work with the rest of life.

You can find out more about will at www.willmedd.com and www.academiclives.com