

HEALTHY WRITING RETREAT FOR RESEARCHERS

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1st Edition CIIMAR

A distraction-free and supportive writing space to help you push your writing project ahead; a healthy and joyful approach

THE STRUCTURE

This retreat is based on the structured writing retreat model developed by Professor Rowena Murray. The ample, focused writing time is supported by movement and meal breaks and opportunities for you to discuss your writing with the community of writers. My job as facilitator is to create and hold this safe and supportive environment for you so you make the most of your time and make measurable progress on your writing project. As a writer, I will share my plans, write with you, share my challenges and difficulties too.

If you haven't attended this kind of structured writing retreat (SWR) before and would like to know more about how SWRs benefit writers, see [Murray and Newton 2009](#).

To make the most of the retreat, think about your **writing goals** and your **wellness goals**; this is a marathon so it's important that you pace yourself and rest at various points.

TO PREPARE:

TIPS ON WRITING GOALS:

- Have a clear idea of the writing project you want to work on.
- Outline a basic plan (perhaps draft an end goal/outcome) for the planned writing sessions; if you're not sure what you want to achieve, spend about 20-30 minutes doing some free writing or mind mapping.
- Complete relevant reading and make notes.
- Download all necessary materials to your computer to avoid unnecessary visits to the internet.

TIPS ON WELLNESS GOALS:

- Do what you can to secure a comfortable and distraction-free environment:
 - make sure others know when you're busy and when you're on breaks.
 - make sure that everything you need is at hand (e.g. notes/articles, note paper, pens/pencils, your writing talisman, etc.).
- Choose nutritious and nourishing healthy light snacks and drinks. Avoid food that is too heavy, rich, or sweet.

THE AGENDA

- 09.00-09.20 Welcome and introductions
- 09.20-09.30 The writing retreat model
- 09.30 -09.45 Goal-setting exercise
- 09.45 – 10.00 Group Discussion
- 10.00 – 10.10 Short break
- 10.10 – 11.15 **Silent Writing 1** 🖋️
- 11.15 -11.45 Healthy break
- 11.45-13.00 **Silent Writing 2** 🖋️ + check in

- 13.00 – 14.15 **Movement 😊/Lunch**
- 14.15-14.30 Revisit our goal for the day
- 14.30-15.30 **Silent writing 3 🖋️**
- 15.30-15.50 Healthy break
- 15.50 –16.00 Q&A Session / Taking stock
- 16.10 -17.15 **Silent writing 4 🖋️**
- 17.15- 17.30 Feedback & planning ahead /Closure
- 17.30 – 18 Social gathering (optional)

Notes on agenda and timings

- All times are PT/GMT
- Timings are exact. Please adhere to them as best you can.

Email me if you have urgent question/clarification j.zozimo@lancaster.ac.uk

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