



# WRITE ENGLISH

One Day Writing Retreat in Conjunction with GSGS  
Flandrische Str. 4, 50674 Köln

## Schedule

- 9:30 Arrive, grab a coffee, find a comfortable seat.
- 9:45 Introductions (Who am I? What am I working on? What is/are my goal(s) for today?) and general information about the day.
- 10:00 Warm up exercise to get started.
- 10:15 First writing sessions (silent, focused writing and seated around a large table with other writers).
- 11:30 Reflection on first session.
- 11:45 Break
- 12:00 Second writing session.
- 13:00 Lunch at a local café and an opportunity to get some air.
- 14:30 Midday yoga for boosting energy & re-establishing creative focus.
- 14:45 We facilitate a discussion on your writing in progress – or for those in the flow, they can continue to write).
- 15:00 Third writing session of the day (one-to-one with writing coach always possible)
- 16:15 Break
- 17:15 Fourth writing session.
- 17:30 Discussion on progress, questions, and next steps.
- 18:00 Close

If you have any questions, please contact us at [ila@write-english.de](mailto:ila@write-english.de)

*“When you give smart people dedicated writing time, it is astonishing how much they do. Immediately.”* Professor Rowena Murray

We are delighted to welcome you to our one day structured writing retreat.

Our goal is to create some “positive pressure” to help you focus only on your writing projects, free from distractions and nagging to-do lists.

This retreat is based on research conducted by Professor Rowena Murray whose research supports the concept of structured writing retreats. Her latest research highlights the following benefits of attending writing retreats:

**Appreciate the importance of “snack writing”.** Writers who write little and often are typically more productive and enjoy writing more than binge writers.

**Surprise yourself.** Writing with others forces you to keep going when otherwise you may have stopped. In some cases, you’ll break through blocks or barriers and surprise yourself by getting it done.

**Set goals.** Academics are good at setting SMART goals, but this is not always the case with writing. For example, set a specific word count and be realistic about what you can achieve in 30 minutes, 60 minutes, 90 minutes etc.

**Value social support and peer discussion.** Talking about writing is a key part of the writing process. Talking with other academics, not only supports your thinking, but the exchange of knowledge about the process of writing is also invaluable.

**Overcome perfectionism and procrastination.** A rough draft is called a rough draft for a reason. In a writing retreat you can’t hesitate. At one stage you will have to write.

**Read more about this research: Writing retreat as structured intervention: margin or mainstream? by Rowena Murray & Mary Newton**

### Abstract

Academics across the world face increasing pressure to publish. Research shows that writing retreats have helped by creating dedicated writing time and building collegiality. A new form of ‘structured’ writing retreat was created to increase its impact by taking a community of practice approach. This paper reports on an evaluation, funded by the British Academy, in which participants were interviewed one year after structured retreat. They reported many changes in their approaches to writing and in their sense of themselves as writers and some of these changes were sustained on return to campus. This paper argues that structured retreat increases learning through participation and helps academics to mainstream writing in their lives and careers. We conclude by suggesting that, since publishing is a mainstream academic activity, it makes sense to mainstream this intervention in academic careers.

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