

Self-management for the writing process

This is not a writing course of the conventional sort. Our focus is on you, the writer, and on your self-management during the writing process: How to motivate yourself to write? How to feel well during the writing process? How to make decisions and plans you can stick to? How to get your writing projects done in time?

During the 1-day workshop we explore these questions in a relaxed and open atmosphere. You analyze how you approach your writing projects and find pragmatic alternatives for the areas that need improvement. With help of scientifically proven methods you find and activate your own motivation to write. You learn how to harness your creativity and your "inner critic" to your advantage. Typical problems like procrastination, writer's block or a lack of confidence in the own results are discussed.

Contents

1. Analysis of your writing work-flow.
2. The pragmatic approach to writing projects.
3. Finding your own motivation.
4. Defeating writers' block and procrastination, coping with perfectionism.
5. Finding the time to write.
6. Using feedback to your advantage.
7. Office organization.

The trainer

Dr. María Machón is a trained coach and holds a PhD in Physics. This unusual combination of talents allows her to offer researchers custom-made self-management trainings, especially designed to meet their particular needs. She has published over ten peer-reviewed articles with over 200 citations. She has refereed for five international journals, including the prestigious Physical Review Letters.