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**ECR Development: Two-Day Structured Writing Retreat**

**Dates:** 24-25 January 2019

**Times:**  09.30-17.00 (both days)

**Venue:** Weetwood Hall, Otley Rd, Leeds LS16 5PS

Structured Writing Retreats are facilitated sessions based upon the extensive research undertaken by Professor Rowena Murray (University of the West of Scotland). The aim of the retreats are to use dedicated writing time to progress writing projects in a supportive and non-surveillance environment. The retreat starts on Thursday at 09.30 and ends at 17.00 on Friday. All writing sessions, refreshments and lunch will be hosted at the Weetwood Hall, Leeds. We use most of the time for writing using a ‘typing pool’ model with all of us in the same room. Breaks and lunch often generate solutions to writing problems, generate new ideas, lead to research-oriented conversations and provide feedback on writing-in-progress.

Please ensure that you arrive in good time to register and set-up as the retreat follows strict timings in order to maximise the opportunity for writing time. This retreat will also include inputs in promoting positive well-being and exploring writing motivation techniques. The retreats are aimed at postdoctoral early career researchers and if places are available, final-year doctoral students may be considered.

See [http://www.anchorage-education.co.uk/#](http://www.anchorage-education.co.uk/) for information, interviews with participants, copies of articles about retreat, evidence base etc. This two-day retreat will be facilitated by Dr Angela Carradus and Jo Garrick.

**Course objectives**

* To enhance the writing skills of early career researchers as they enter and progress within business and management academic communities
* Developing structured and disciplined writing practices whilst promoting positive well-being and identifying strategies to maintain a healthy mind-set
* Enhancing the writing skills of early career researchers and exploring writing motivation techniques

**About the facilitators**

**Angela Carradus** is a Senior Lecturer in Entrepreneurship at Manchester Metropolitan University. She values being part of the facilitation team delivering writing retreats for early career academics and this approach has formed an important part of her own academic writing journey. Angela places emphasis on well-being and work-life balance to help explore the ways in which life-long habits can be developed to support academic careers.

**Jo Garrick** is the NARTI Network Manager and Research Administrator based in Leeds University Business School. She participated in the facilitation training with Rowena Murray and now runs regular writing retreats for Leeds researchers and for the NARTI network. Jo is particularly interested in the motivational and creative aspects of the writing process and will work to incorporate these into her retreats. She is also working to develop a writing space through the NARTI website to promote writing and paper development retreats, publishing workshops and to provide useful online resources to writers.

**Programme**

**Day 1**

09.30-10.00        Arrival, set-up and coffee

10.00-10.30        Introductions and goal-setting

10.30-12.00        Writing

12.00-13.00        Lunch

13.00-14.30        Writing

14.30-15.00        Coffee

15.00-16.30        Writing

16.30-17.00        Taking stock, plans for tomorrow

19.00 (approx.)  Evening dinner

**Day 2**

10.00-10.30        Arrival, set-up and coffee

10.30-12.00        Writing

12.00-13.00        Lunch

13.00-14.30        Writing

14.30-15.00        Coffee

15.00-16.30        Writing

16.30-17.00        Taking stock, outputs and evaluation

**Things to note:**

Retreat works best when you:

* Focus exclusively on writing.
* Agree not to use internet or mobile phones in the writing room.
* Define specific goals and sub-goals, i.e. sections of paper/chapter, number of words.
* Define and discuss content and structure for writing sub-goals.
* Take stock of your achievements of these goals throughout the programme.
* Discuss your writing-in-progress –> mutual peer support.

Before you go to retreat:

* Decide on a writing project.
* Read Murray R. & Newton M. (2009) Writing retreat as structured intervention: Margin or mainstream? *Higher Education Research and Development*, 28(5): 527-39.
* Review the retreat programme plan your writing tasks for each timeslot.
* Do reading and other preparation before retreat.
* Get notes, plans, outlines etc. together. Outline the structure of your paper/chapter.
* Download anything you need before you go, e.g. journal’s instructions for authors.

What to bring to retreat:

* Laptop, power cable, memory stick, notes, outlines, ‘model’ paper, data.

**Directions to Weetwood Hall:**

[**https://www.weetwood.co.uk/location.html**](https://www.weetwood.co.uk/location.html)

**If you have any questions about the retreat series, please do not hesitate to contact Jo Garrick (**[**narti@lubs.leeds.ac.uk**](mailto:narti@lubs.leeds.ac.uk)**)**

**REGISTRATION FORM**

Please complete all sections of the registration form below, making sure to include additional information (not exceeding 200 words) where requested. You will receive notification if a place is allocated to you. Please do not make any travel arrangements until you have received confirmation of a place. We have a limited number of places available on NARTI training sessions and if at any time you need to withdraw your registration or cancel your place please inform us immediately so that we can offer the place to someone else. Please note that non-attendance is recorded and will have an impact on future selection. It is expected that you participate for the full duration of the retreat and allow sufficient time for travelling to the venue.

NARTI and the host institution will cover the full cost of the event, including catering, evening dinner and accommodation for the night of the **24th January**. Participants are asked to cover the cost of their travel and any additional nights’ accommodation if required.

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| **Name** |  |
| **University** |  |
| **Area of research** |  |
| **Years since PhD graduation** |  |
| **Email address** |  |
| **Confirmation that you are available for all seminar dates and for the full duration of the programme.** |  |
| **Dietary requirements** |  |
| **Disability requirements** |  |

**200 word summary of why you wish to participate in the workshop and any previous training attended (including date and location). Please note that applications will not be considered if they do not include this summary.**

Please return to Jo Garrick ([narti@lubs.leeds.ac.uk](mailto:narti@lubs.leeds.ac.uk)) by no later than Monday 17th December 2018.