



Miss the support and accountability you had in the Writing Habit class?

Want the satisfaction that comes from consistently showing up for Process, Self-care and Product Time?

Need on-going inspiration, information and encouragement to do the writing you want to do?

Mastering the Writing Habit Teleclass and Coaching Support Group Will Help!

When you've got the basics of a writing habit in place (from the Writing Habit class or coaching) and want on-going accountability, support and information to keep you in the Writing Habit, this is a place for you! You will receive handouts via email before each class and log onto the conference call at our regularly scheduled time (normal long distance charges apply).

We'll start with weekly check-ins – your opportunity to talk about your writing commitments and accomplishments and receive applause and coaching to help you refine your accountability. Our check-ins give you safe and supportive witnesses as you continue to set and achieve your own writing goals. Your classmates' experiences and my coaching responses to each person will enhance your learning and growth.

After check-ins, I'll briefly present the topic of the week. We'll use a variety of interactive techniques like freewriting, writing exercises and brainstorming. You can ask questions at any time and we'll reserve time at the end of class for Q&A, open discussion and group coaching.

Weekly topics will vary based on questions and concerns raised in check-ins and Q&A and are likely to include:

- Responding to resistance
- Developing strategies to remove obstacles and solve problems
- Recognizing who gives you permission to write and why your writing matters
- Discovering why rewards work and creating your own reward schedule
- Enrolling allies to get support you need from the people in your life
- Establishing rituals and routines
- Adapting systems and structures to support your writing

Enrollment is Limited

Mastering the Writing Habit meets via conference calls on Tuesdays from 11:00 a.m. to 12:30 p.m. (CST). You can choose to pay (via PayPal or personal check) \$78 for one month, \$210 for three months (10% discount) or \$390 for six months (17% discount). The group size is limited, so register early! Once you're in a group, your membership is guaranteed as long as you receive value from the teleclass. When a group is full, people on the waiting list can join only when someone in the class resigns or when a new group starts.



Contact me at 612-722-4139 or Rosanne@RosanneBane.com