

# WRITING, PROCRASTINATION, AND RESISTANCE:

## HOW TO IDENTIFY YOUR WRITING BLOCKS AND MOVE THROUGH THEM

- Do you keep putting off your writing and waiting for large blocks of uninterrupted time to get it done?
- Do you regularly engage in procrastination and avoidance when it comes to your writing projects?
- Have you ever wondered why it is that you really want to write, but just don't do it until there's a looming external deadline?

### WHAT WE COVER

- Identifying what resistance is and why academic writers experience it in pursuit of the work they want and need to complete
- Discussing the three most common types of writing blocks and how to move around them
- Establishing ways to identify what's holding participants back from writing and completing their \_\_\_ (article, dissertation, book manuscript, grant proposal, etc...)
- Offering participants strategies for creating the types of community, support, and accountability they need for writing and publishing success

### FORMAT

Full Day Workshop (6 hours) - \$15,000\*  
Half Day Workshop (3 hours) - \$10,000\*  
Virtual Workshop (2 hours) - \$5,500

*\*Fee includes travel expenses and logistical support.*

### CONTACT

Contact us to learn more and to book a workshop today.

**Email:** [Workshops@ncfdd.org](mailto:Workshops@ncfdd.org)

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**All workshops are facilitated by tenured faculty who are NCFDD-trained and certified.**