

# 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?

In this virtual workshop, participants will learn:

- What resistance is and why academic writers experience it in pursuit of work they want and need to complete
- How to identify what's holding you back from writing and completing your \_\_\_ (article, dissertation, book manuscript, grant proposal, etc...)
- The three most common types of writing blocks and how to move around them
- How to create the types of community, support, and accountability needed for your writing and publishing success

### FORMAT

Virtual Workshop (2 hours) - **\$5,000**  
90 minutes of lecture & 30 minutes of Q&A

*Fee includes registration management, software, marketing materials, pre and post-workshop resources, and support for attendees.*

All virtual workshops are facilitated by tenured faculty that are NCFDD trained and certified.

### CONTACT

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

**Email:** Workshops@FacultyDiversity.org

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Visit <https://www.facultydiversity.org/meet-our-facilitators> to meet our facilitators.