

THE WRITE WAY

Professor seeks way to develop a sustainable writing practice and publish his fiction.

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Within the first quarter hour, I began to feel as though I had been working with Teri Coyne for some time. She asked non-threatening yet pointed, helpful questions that did not in the least seem formulaic. Rather, she seemed to respond thoughtfully, confidentially, and personally to my statements, offering comments that allowed me to believe that thinking in a different way about my recent past might actually have some practical and lasting consequences.

—Benjamin

Lessons from a Creative Explorer:

- ✓ The more you write (or make time for your art) the more you write.
- ✓ Having an accountability tool – partner, classmates, group, friend – can be an effective way to stay on track.
- ✓ Accept that everything you write or create isn't going to be fantastic. Let go of perfect and seek wild inspiration. You can tweak it later!
- ✓ Be open to feedback but selective about who you seek it from – and be clear about what you are looking for – if what you want is support say that. Don't be blindsided by feedback you are not ready to hear.
- ✓ Celebrate the achievement of your daily page/word count, time spent, etc.

THE CHALLENGE

Benjamin came to coaching with a desire to teach fiction writing full-time and to establish a sustainable and consistent writing practice. While he is currently teaching at the college level, his work is part-time and sporadic and his classes are not aligned with his passion for writing. In order for him to achieve his goal, Benjamin needs to have some of his writing published.

THE CHANGE

Benjamin came to Coyne Coaching not completely on his own volition. He was recommended by a friend and reluctantly agreed as he felt he had exhausted his other options. During our first sessions it became clear that his top immediate priority was to establish a writing practice that would produce work that was publishable.

While Benjamin had written in the past he had experienced a nine month dry spell where he was writing very little and not at all happy with what he produced. We spent some time defining what a writing practice meant to him, both practically (amount of time, location, etc.) personally (how would it feel, what does it mean) and professionally.

Armed with an understanding and definition of what his writing practice would look like, Benjamin committed to a consistent writing regimen that included daily writing, weekly accountability check-ins, and journaling about his insights and challenges. As the coaching engagement progressed, our sessions were focused on the results, insights and adjustments of what worked and what didn't. After several weeks of this, Benjamin wanted to use coaching to help with accountability and began turning his work in on a weekly basis.

THE IMPACT

After a four month coaching engagement Benjamin has written over 200 pages of new material for a novel he never anticipated writing. He has established a daily writing practice which he is tweaking on an ongoing basis and is seeking an accountability partner to help him stick to his writing goals.

Benjamin has also experienced a shift in his mood and sense of connection in the world as a result of nurturing and expressing himself through his writing. The insights he had during the development of his writing practice have trickled into other areas of his life where he now recognizes when his perfectionism might be getting in the way of being effective rather than perfect.

Please note: The names of clients, their employers and certain identifying details have been changed to respect their privacy and maintain confidentiality.

Change your mind. Change your life.

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