

CASE STUDY

Prompt Prescription To start and keep writing May 2021 - Current

The goal

When I spoke to Tony in May 2021 his goals were to start and keep writing. To push through blocks of permission and confidence, to develop his writing voice and the habit of writing. He decided to give Prompt Prescription a go to see if it could help. He'd previously had coaching around this topic and has in the past, attended writing courses which were useful but didn't give him the momentum he needed to keep going.

"What I may lack is confidence in my ability and the reassurance that I can write. The other factor is taking the time for me to write. I do enjoy writing, but I find myself subservient to other demands and not putting pen to paper. This is like exercise. I take the time to exercise but let other demands get in the way."

"My goal now is to figure out if I am asking the right question. I have stopped trying to do too much. I want to restart writing from a place where I have capacity to write."

Outcomes

Along the way, Tony has questioned his motives for writing which have in turn, given him insight into what he wants to write and why. He's written more and published more blogs both personally and for his organisation. He feels more confident about his own voice and has given himself permission 'not to be perfect.'

Various email comments throughout our time together

"I feel authentic with the writing. It feels like a real voice coming out that is calmer and focused on creating a message."

"I've been writing and finished a notebook. My reward is I get to start using a shiny new notebook for my next set of writing."

"I feel the style and the voice are genuine and reflects my thoughts about the natural world."

"All through this is the learning experience of being confident to write. The development of that critical, but non-judgmental, assessment of what I have written. That it is ok to write and not be perfect."

Prompt Prescription is an email coaching service where I provide writing prompts based on what people are experiencing. They then share what they've written and their experience of writing and I pick out further prompts.

