



Kickstart Your Memoir

Six-week coaching programme

At Writer Support we offer a six-week coaching programme for writers at an early stage of writing their memoir. Our Kickstart Your Memoir Coaching programme is ideal if you have a great story to tell, but are facing a blank page and don't know where to start. You may be in need of support to motivate and focus your idea, or, if you already have a strong story idea, you may need help to develop a plot or draft the outline of your story.

This programme is six sessions, which are taken at a pace to suit you, (but should be completed within a six-month time slot.)

All consultations will take place either over the phone, Zoom or Microsoft Teams

Your coach will be in email contact throughout the coaching programme, where you can ask any writing related queries which arise as you work through the tasks set.

There will be a PDF download with a step by step guide to support these sessions.

Session 1: up to 90 minute 1:1

The first session will discuss the nature of the support you need and details of the story you will be working on.

- We will have a chance to explore in more detail your writing aspirations and what you hope to achieve from the Early-Pages Coaching programme
- We will also confirm your writing timetable – when best to schedule time for your writing, how to stick to your timetable etc.
- We will book dates for 5 additional 60 minute 1:1 sessions to follow. You will receive email confirmation of the agreed roadmap for your 6-session coaching.
- I will take you through a basic questionnaire about your story which you can download, complete and submit before the next session.

Session 2: up to 90 minute 1:1

The sessions become responsive to your submissions from this stage on.

- We will review and discuss the questions you have answered.
- We will discuss elements of your story and also the issue of boundaries; truth and lies; and the legal aspects of writing
- You will be set an additional task to complete; you will submit your answers to these questions before our next session and these will form the basis of our further sessions.



Session 3 / Session 4 / Session 5 up to 90 minute 1:1 per session

Plus, email contact throughout

Each of these sessions will progress your story and deal matters which arise as you find your writing voice and we find the structure for your story

Session 6: up to 90 minute 1:1

This session is an opportunity for us to discuss any questions you have concerning your writing and future progress. We will review progress on your story so far and the roadmap from session one; tie up loose ends. We will also consider what you would like to include in your plan for next steps and make a plan for how you can achieve your writing goals.

By the end of this coaching programme, you will be ready to write your story.

You will have:

- A clear outline of your story
- The ingredients of your story: characters, places; events
- A timeline and suggestions for chapter headings

The cost of this programme is: £350.00

You can then write your story in your own time. You can book additional one to one coaching sessions depending on your progress and your need as you write your story.

These will be paid for at a rate of **£60.00** per session.