

## From Perfectionism and Procrastination to Flow

### Workshop on Academic Writing with Finish on Time

Do you ever wonder how you will get enough time and energy to finish that huge writing project? Or are you nearly finished with your compilation thesis and now need to write that crucial summarizing chapter? A couple of articles in process, others that need adjusting after peer-review, but no earthly idea of how to finish either? Are you struggling with perfectionism and procrastination, resulting in writer's block?

You're not alone. Many of us experience academic writing as stressful and frustrating, when we know (or heard) that it can be rewarding. Be assured: there are proven strategies and tools to shift from writer's block to writer's flow.

Finish on Time has provided workshops designed for PhD students and other academic staff for a long time. Thousands of participants from all academic disciplines have given us excellent reviews over the years. For one thing, the participants appreciate that we understand academia and all the conditions of academic working environment.

**“I’ve been thinking about designing a t-shirt with the text: ‘Don’t ask me about my thesis!’”**

This workshop focuses explicitly on academic writing and common psychological aspects surrounding it. You will get access to a toolbox which helps you work more happily and productively, starting today. We'll be addressing how to build writing habits and manage common psychological obstacles to academic writing, such as perfectionism and procrastination. You will also learn how to achieve a sense of continuous flow in your writing process.

We offer a highly interactive and hands-on workshop through exercises and dialogues among the participants, sharing experiences about academic writing. The toolbox is applicable to all academic disciplines and for common types of academic writing, such as dissertations, articles, or research applications.

**“Completely surprised about the content and approach. Great job identifying issues with writing and setting goals. I feel quite motivated after the workshop to have a clearer structure for my work.”**

#### About the workshop leader

Åsa Burman is the founder of Finish On Time and author of the book: *The Doctoral Student Handbook: Master Effectiveness, Reduce Stress and Finish on Time*. She is Reader (Docent) in practical philosophy at Stockholm University. In early 2023, her book *Nonideal Social Ontology: The Power View* was published by Oxford University Press.