

ONE-TO-ONE COACHING SESSIONS FOR WRITERS

With Andrew Burton

When was the last time you set aside an hour just for yourself to think about your creative/professional goals and how you might achieve them?

As part of this year's Sparks Festival, Menagerie is offering a series of one hour, one-to-one confidential coaching sessions on Sunday 3rd July to writers and other creative individuals who would like to explore their own professional and personal development with accredited coach Andrew Burton.

Andrew has been working with writers for over 25 years; as a director, a programmer of theatre writing workshops, a script reader, a judge on the *East Anglian Daily Times* Short Story competition and, most recently, as Creative Programme Manager for Writers' Centre Norwich.

Cost: £35 waged, £28 unwaged.

FURTHER INFORMATION CLICK HERE

What will the session consist of?

This is a one hour, confidential, one-to-one coaching session in which the coach will ask questions of the coachee to encourage the coachee to identify his or her creative, professional or personal goals, and then to identify how to achieve them.

Do I Need to Prepare Anything?

No. Just come with an open mind – and a notepad and pen to jot down any insights or ideas we may discover along the way. It would also be beneficial if you have given some thought beforehand to what you want to achieve by being coached.

You Can't Achieve Much in An Hour, Can You?

It's surprising how much can be achieved during this time. However, clarifying your goals and identifying ways of achieving them are a first step: you may wish to simply benefit from this one session and then go ahead and start implementing the action points. Alternatively, you may

want to book further sessions with Andrew if you feel this would be beneficial. The choice is yours.

Is this a script surgery?

No. This is not a script surgery but a holistic look at your goals and aspirations. The focus is on identifying what you want to achieve and how you will achieve it, looking as broadly as you wish across the spectrum of your creative, professional and personal life.

Is Coaching the same as Mentoring?

No. Mentoring assumes that the mentor has greater knowledge of a particular field than the mentee and is therefore able to offer advice and guidance to the mentee to help develop his or her practice. The aim of coaching is to provide a safe, supportive and challenging space whereby the coachee can explore their own personal development; the coach's role is to ask appropriate questions to encourage the coachee to identify and articulate his or her goals and to identify ways of achieving them.

Commitment

By booking one of these coaching sessions, you will be entering into a commitment to turn up on time. If you are late, it will not be possible to run over, but however much time is left of your session will still be yours to use.

What If I Have to Cancel?

If you cancel within 48 hours of the session start time, you will receive a full refund. If you cancel after that time, no refund will be offered, except in exceptional circumstances and at the discretion of Menagerie and the coach.

When and where will the sessions take place?

The sessions will take place on Sunday 3rd July in The Junction, Clifton Way, Cambridge CB1 7GX.

How do I book a session?

Booking is through Menagerie – please email **office@menagerie.uk.com** to reserve a place

There is a strictly limited number of sessions, and they need to be reserved – and paid for - in advance.

Any more questions?

For enquiries, please email andrewcburton@hotmail.co.uk or call 0776 279 3095.