

Council for Allied Health Professions Research (CAHPR)  
National Event

‘Sharing your research through dissemination’

Workshop 1: Friday 20<sup>th</sup> October 2023 1.30-4.30pm

# Overcoming challenges to writing

## Part A

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# Overcoming challenges to writing

- Common barriers to writing
- Reasons why it is hard to start writing
- Understand your own reasons
- Unlock your potential!
- Hints and tips from other academics

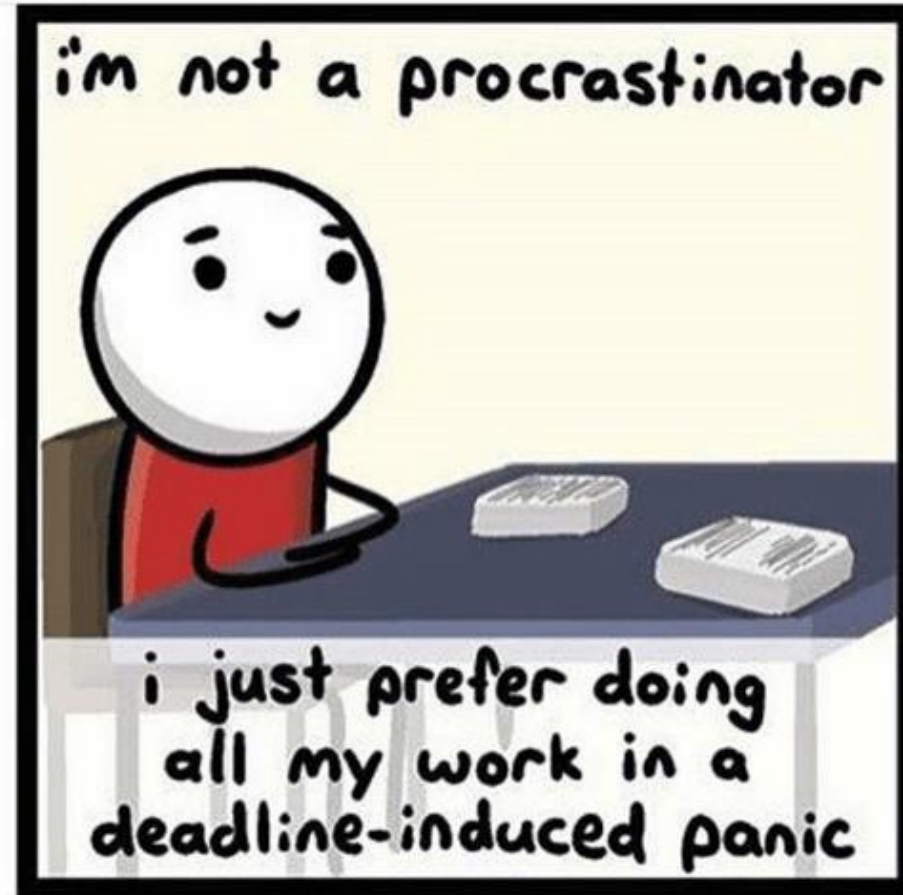
# Are you a procrastinator?

If.... 3 days before a deadline

You decide to do a deep clean of your house

You binge watch an entire Netflix box set

You start to make your own hounous



You get around to signing up for gym membership

You get in touch with your long lost friends

You decide to colour code your Outlook Diary at work

[Quiz: Are you a procrastinator or a pre-crastinator? | \(ted.com\)](https://www.ted.com)



# What stops you from writing?



# What stops you from writing?

Overwhelmed by the size of the task

Imposter syndrome

Fear of failure (what if I don't get published?)



New habit

Perfectionism

Prioritising: Writing versus Clinical

# Unlock your potential!

Break down to bite sized chunks

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Self belief

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Clinical academic career goals