

JOIN THE ONLINE PEER SUPPORT GROUP

WRITE & THRIVE COLLECTIVE

Struggling with work-life balance? Feeling like an imposter? Lacking motivation to write?

You're not alone. The academic world is demanding, isolating, and often overwhelming. The pressure to publish, secure funding, and meet professional milestones contributes to an unhealthy "publish or perish" culture, making it easy to feel stuck, unmotivated, or burnt out. But what if you had a supportive space to help you stay accountable, boost productivity, and connect with like-minded peers?

*Welcome to the **Write & Thrive Collective** – an **online peer support group** designed for **postdoctoral researchers, early-career academics, and late-stage PhD candidates**. Our goal? To help you navigate academia with confidence, structure, and community.*

WHY JOIN?

- **Stay Accountable and Make Progress** – Set goals, track achievements, and celebrate milestones in a motivating group setting.
- **Boost Writing Productivity** – Dedicated, distraction-free time to work on research papers, grant proposals, or other academic projects.
- **Foster Mental Well-being** – A judgment-free space to discuss the pressures of academia and share coping strategies.
- **Receive Constructive Feedback** – Peer support to refine your writing and enhance your academic work, regardless of discipline.
- **Build Your Network** – Connect with researchers who understand your struggles and are invested in your success.

HOW IT WORKS

Our online sessions follow a structured yet flexible format:

ACCOUNTABILITY CHECK-IN (15–30 MIN)

- **Share your current challenges and wins** – both professionally and personally.
- **Set your goals for the session** (for example, drafting a section of a paper, outlining a grant proposal).

FOCUSED WRITING SESSION (90–120 MIN)

- **A quiet, structured block for independent writing** – no distractions, just progress.

OPEN DISCUSSION ON WELL-BEING (30–45 MIN)

- **A safe space to talk openly** about academic stress, productivity struggles, and mental health.
- **Exchange strategies** to maintain balance and resilience in academia.

ONGOING ENGAGEMENT & REFLECTION

- Option to share drafts and **provide feedback outside of sessions**.
- Gentle encouragement to reflect on progress and **stay connected between meetings**.

CONFIDENTIALITY AND SAFE SPACE COMMITMENT

What happens in the group, stays in the group. All discussions remain **strictly confidential** to ensure a safe, supportive, and respectful environment.

YOUR TAKEAWAYS


By joining the Write & Thrive Collective, you will:


- ✓ Develop consistent writing habits and make real progress on academic projects.
- ✓ Gain confidence in drafting grant applications and career-building materials.
- ✓ Build a strong network of supportive peers who provide accountability and feedback.
- ✓ Learn practical strategies for maintaining mental well-being in academia.
- ✓ Feel empowered, motivated, and part of a thriving academic community.


READY TO JOIN?

Sessions are facilitated by **Katarzyna (Kasia) Wiśniewska**, a grant-funded **postdoctoral researcher at the University of Eastern Finland (UEF)** and a **visiting researcher at the University of Rijeka (UNIRI)** in Croatia – both proud members of the **YUFE (Young Universities for the Future of Europe)** alliance. As a young postdoc navigating academia's pressures, Kasia understands the challenges of balancing productivity, well-being, and career growth. Inspired by her experiences and her participation in the **YUFE Pilot on Postdoctoral Training and Development**, she created the **Write & Thrive Collective** – a space where early-career researchers can set goals, stay accountable, and support each other.

LET'S WRITE, SUPPORT, AND THRIVE – TOGETHER!

 **Meeting Frequency:** Bi-weekly or monthly (depending on participant preferences)


 **Duration:** ~3 hours per session


 **Location:** Online (**Microsoft Teams**)


INTERESTED?

[REGISTER](#) 

 **Sign up by Monday, 3 March 2025!** (1st come, 1st served)

 **Language:** English

 **Max Participants:** 10

 Regular participation is **not** mandatory but **encouraged!**



The sign-up [LINK](#) or the QR code direct you to a **Webropol** form where you can also share what specific challenges you'd like to discuss in addition to your writing goals.

 **First Meeting:** Wednesday, 5 March 2025 @ 11:00–14:00 CET (Join [HERE!](#))