

### **TLC Power Hour**

Welcome to the TLC Power Hour pack.

Included in this pack are:

A reminder about what the TLC Power Hour offer is

Tips on how to get the most out of your session

A goal setting worksheet (this is also attached as a separate document so you can easily fill it out and return it to the TLC office)

A post-session worksheet (to help you take your next best step)

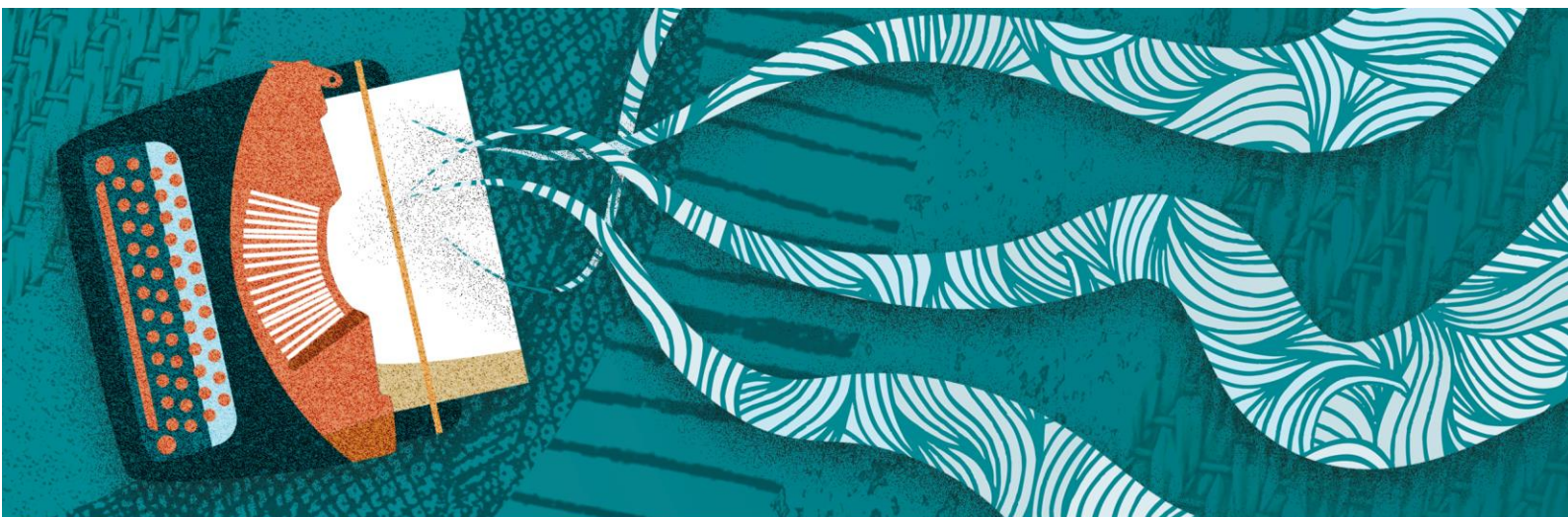
### **Your TLC Power Hour:**

The TLC Power Hour is a one-hour online Zoom call with a senior member of the TLC team for writers to discuss their writing journey and how we can help with guidance, support and practical suggestions.

- One-hour Zoom meeting with a senior TLC team member
- A goal-setting worksheet
- A post-session worksheet
- A recording of your session
- A discount of 10% off any of TLC's industry editorial services, valid for 3 months

What you will need...

- A stable internet connection
- A dedicated hour to focus on your next best step with us



## **Making the Most of your Session**

One hour can pass quickly, so we recommend you keep a copy of your goal-setting worksheet to hand and your main goals in mind.

If for any reason you get logged out or press anything in error, simply use the link and password to log back in to your session.

An audio recording of your session will be provided free of charge after your session, so you can listen back and make follow-up notes. This will allow you to really focus on the work in hand during your session. Please note that this recording is strictly for your personal use only and is not to be shared or disseminated.

We will provide you with a goal-setting template that we encourage you to fill out after your session, to help keep you motivated, and help you implement that next best step for yourself.

If at any time you need our help, please email: [info@literaryconsultancy.co.uk](mailto:info@literaryconsultancy.co.uk)

A reminder of the TLC Power Hour Terms and Conditions can be found [here](#)

## **Pre-TLC Power Hour Goal Setting Worksheet**

This worksheet is ALSO attached as a separate document and is included here for your ease of use. Please fill out the attached worksheet and submit it to your TLC Power Hour host at least one week ahead of your scheduled session. This will help inform your editor's feedback.

What is your number one desired outcome for this session?

How can we move the dial forwards for you, to get you closer to your goal?

On a scale of 1-10, how **confident** do you currently feel about the issue(s) you will be discussing during the TLC Power Hour?

On a scale of 1-10, how **equipped** do you feel to tackle the issue you will be discussion during the TLC Power Hour?

## **Post-TLC Power Hour Checking in on progress**

Congratulations on completing your TLC Power Hour! We hope you had an inspired and inspiring hour that helped you feel you are moving forwards in a positive way.

We will be providing you with a recording of your session once the audio file has been processed through Zoom. This is for your ears only, so please feel free to download it, but please do not share it.

As an exercise to measure your progress and help you stay motivated, we would now like to ask you to re-visit the questions we asked in the pre-session worksheet.

What was your key takeaway from this session?

How did you move the dial forwards during this hour?

What will your very next step be, to ensure you keep moving forwards?

On a scale of 1-10, how confident do you now feel about the issue you came to the TLC Power Hour with?

On a scale of 1-10, how confident do you now feel tackling the issue you discussed during your TLC Power Hour?

Have a look back at your goal-setting worksheet. Have your scores changed? How does this compare with your pre-session worksheet? Did you get anything out of the session that was unexpected?

## **Post-TLC Power Hour Goal Setting**

Now that you have had your session, it may be useful to set some targets to help you achieve your goals (or, if they have changed, to re-articulate them).

In time management contexts, people often talk about the importance of making goals SMART. This means that to make sure goals are clear and reachable, each goal should be:

- Specific ('I will research in order to get to a list of x20 agents who I feel might be best suited to my writing')
- Measurable ('I will submit to x10 agents next month')
- Achievable ('I will set three priority goals to help me move my writing life forwards')
- Realistic ('I will honour my current commitments and dedicate 30 minutes on a weekend to generating new ideas around my goal')
- Time bound ('I will have progressed Phase One of my plan by X month')

What are 3 SMART Goals that will help you move towards your overall goal?

1.

2.

3.

Anything else to note down?