

Conscious Writing Month 2026

Full Programme

<https://literaryconsultancy.co.uk/event/conscious-writing-month-2026/>

Week one: Dream

Imagine and manifest your dream writing life

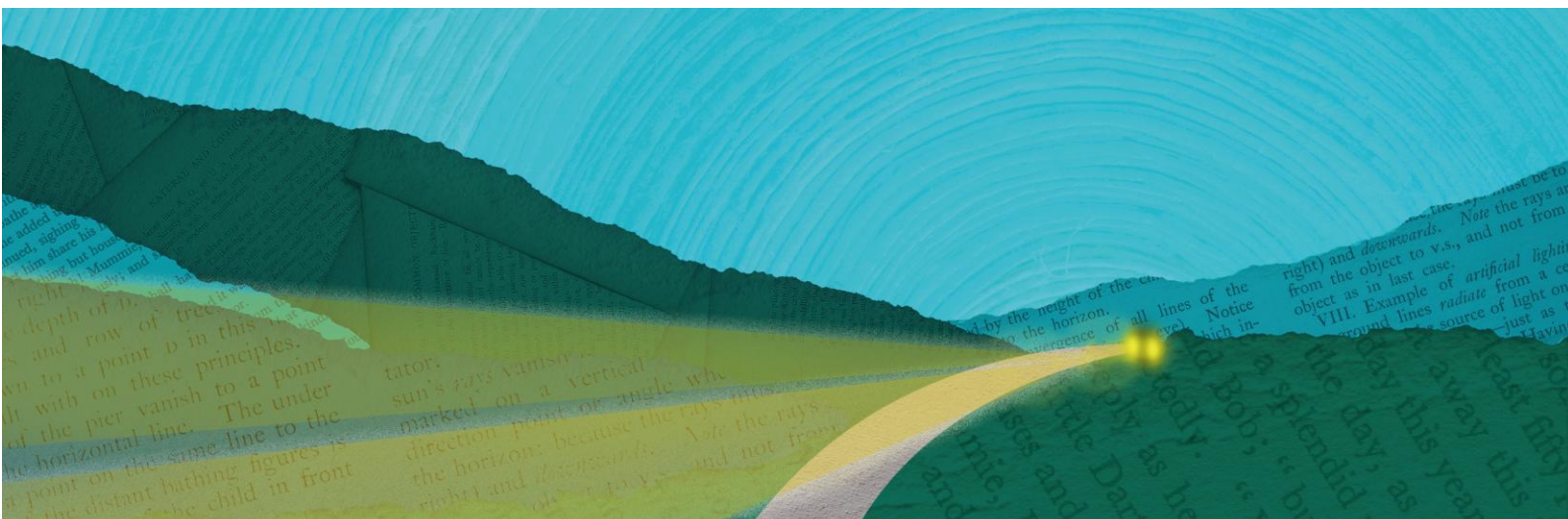
October 19th 9-10am BST

Mini Retreat – a one hour co-writing space with the TLC Team

October 20th 7-8.30pm BST

Tarot Manifestation for Writers with Integrative Therapist Emma Dellow

In this therapeutic tarot workshop we will focus on using tarot (with tips on how to do this with oracle cards or even images that you can find yourself) for manifesting the most successful and powerful version of your writing self. Set in motion a path to writing success and learn about how to align your life with your deepest and most honest writing desires. Your path to the life you want starts here.



October 22nd 7-8.30pm BST

From a Teenager's Diary to Children's Laureate with Patrice Lawrence

Children's Laureate Patrice Lawrence takes us through her writing journey to inspire you to find footholds in your own life now towards the one you want. She shares excerpts from her teenage diaries, where her love of storytelling shone through, and charts the journey through several failed starts to finally manifest a writing life that sustains and uplifts both her and her young readers.

Week two: Create

Where ideas become story, and craft meets magic

October 26th 9-10am BST

Mini Retreat – a one hour co-writing space with the TLC Team

October 27th 7-8.30pm BST

Ideas Lab – how to turn a single idea into a new writing project with Jack Strange

Generating new creative ideas can feel exciting, chaotic, alchemical, and sometimes unsustainable. But what if you could find a way to turn brilliant fragments into a sustained piece or even body of work? Join author and writing coach Jack Strange as we use practical exercises to capture the ephemeral, befriend the Muse, and grow the seeds of new writing projects together. Who knows, perhaps your future bestseller could be lurking here.

October 29th 7-8.30pm BST

Who Am I When I Create? with therapist Nadia di-Luzio

Take part in this interactive, self-compassionate and trauma safe session designed to help us explore identity, roles, masks, and authenticity with a creative twist. A mix of exercises and reflection provide an opportunity to explore the identity we bring into our creative work, so that we can better understand what we are writing, and what the connections (and divergences) are to our innermost selves.

Week three: Replenish

Fill your cup, and surrender to rest

November 2nd 9-10am BST

Mini Retreat – a one hour co-writing space with the TLC Team

November 3rd 7-8.30pm BST

Love Letters to Myself with psychotherapist and coach Zsafia Kaplar

Based on psychology dissertation research, this workshop takes the idea of writing letters as a gift of gratitude and generosity, things which evidence suggests are key ingredients of a happy life. Flex your writing skills and build new neural pathways by turning the lens inward, and imagining what might be possible for you and your writing if you were to write to yourself with all of the love you reserve for your favourite person.

November 5th 7-8.30pm BST

How to Write on Stolen Time with Elspeth Wilson

In this workshop, we will approach looking at our time as authors in a self-compassionate way, recognising many of us have disabilities, caring responsibilities, busy jobs and multiple other demands on our time, energy and capacity. We will discuss ways of looking at the time we do have, broadening our scope of what constitutes as 'writing' as well as how to nourish ourselves creatively. There will be practical exercises throughout the workshop so do come prepared to have a think about your life, its demands and opportunities, and your schedule.

Week four: Resist

How to make meaningful art in a world on fire

November 9th 9-10am BST

Mini Retreat – a one hour co-writing space with the TLC Team

November 10th 7-8.30pm BST

Flowers from the Fire: Creating in a Time of Crisis with Sunny Singh and Susanna Kwan

Join us for a conversation on how to continue making meaningful literary art in a time of global crises. We are joined by Jhalak Prize founder and author Sunny Singh, and Climate Fiction Prize shortlisted author and artist Susanna Kwan to consider what it means to be an artist today, our roles and responsibilities to ourselves and to the planet, and how to take creative risks in an increasingly risk-averse world.

November 12th 7-8.30pm BST

Genre b(I)ending, a workshop on multi format work with Tutku Barbaros

Genres, categories, and boxes. The publishing industry requires writers to understand their importance, and from a marketing perspective they are important to heed. But sometimes trying to fit literary work into these narrow parameters can stifle our creativity. If you write across forms and genres, or would like to, join us for a joyful exploration of what it means to resist categorisation in literary endeavour. You are invited to play, subvert, and find new ways to break the rules across a range of writing forms.

Week five: Publish

Bring your story to its rightful readers

November 18th 9-10am BST

Mini Retreat – a one hour co-writing space with the TLC Team

November 17th 7-8.30pm BST

The Skin You Have: Rejection, Exposure and the Writing Life with psychotherapist Dr Victoria Froome

In this workshop, get to understand why rejection hurts and what is actually happening in your brain. Sharing personal experiences alongside a practical toolkit for authors organised around the arc of a submission (while you write, before you send, while you wait, and when the answer arrives), Dr Froome invites us to create resilience that works. Using strength-based methodology, we complete practical exercises to ensure you leave with both the tools to move forwards, and the emotional resilience to carry you through the submissions stage with confidence. This session is interactive so please bring writing materials; no sharing will be expected.

November 19th 7-8.30pm BST

A Life in Books: Lessons from a Bestselling Author... with Vaseem Khan

Award-winning author Vaseem Khan charts his life and literary career across fifteen books and countless more drafts, as well as work related to books that have sustained him over the years. From multi-book deals to a new series featuring Q from the James Bond franchise, Sunday Times '40 best crime novels' acclaim, and various awards, Vaseem draws back the curtain and reveals what it means to build a life made out of books. The costs, the rewards, the truth and (dare we say it) the glory.