

PhD writing retreat

Are you writing your PhD thesis, but do you feel stuck and overwhelmed? During this retreat you will learn how to set realistic writing goals and focus on progress instead of perfection. You will also learn how to become more resilient to challenging situations. And, with nature at your doorstep, you will have everything you need to relax and recharge.

In addition to the writing part, the resilience sessions were very helpful. Honestly, it was exactly what I needed at that time. - Angela

What will you be doing?

On Monday, there will be plenty of time for getting to know each other and settling in.

From Tuesday to Thursday it's time to work on your thesis during focused writing blocks (progress guaranteed!). During these days, you can also participate in various resilience sessions. And of course, you will have enough time to relax and recharge.

On Friday, it's time to say goodbye, but not before we helped you make a plan to keep up your new writing and recharging habits.



Where will you be staying?

You will have a private room in a comfy cottage in Center Parcs Heijderbos (Limburg).

And you don't have to worry about cooking meals; that's our job!

The park offers lots of fun activities that are perfect for writing breaks. What about going for a swim? The retreat program also includes 2 fun group activities.

To guarantee the right setting there is room for max. 5 participants.

Who are hosting this retreat?

That's us: Renée and Manon Verdiesen.

Renée was trained as epidemiologist and worked for 10 years as scientist (PhD and postdoc). She will get you into that writing mindset and is available for 1-on-1 mentoring.

Manon is a crisis management and cyber security expert, who helps people become resilient to all kind of crises. During the retreat Manon will facilitate several resilience sessions, and is available for 1-on-1 sessions.



Participation fee

€795,- if your institute reimburses the costs
€345,- if you have to pay out of your own pocket*.

*This reduced fee is sponsored by: