

# Overcome Writer's Block Package

## Issues

- Are you a successful musician, but have found that you've lately hit a writing block?
- Do you feel triumphant in your lifestyle, but artistically feel redundant? The songs won't flow, the notes won't sound and you don't know why?
- Have you successfully created music in the past but you now find that writer's block is halting your progress?
- Do you have an important musical project that you want to complete but find that you just can't get started?

## Purpose

The purpose of the Overcome Writer's Block Package is to help you to identify and eliminate what blocks you from producing the music you'd like to. You will learn how to access your creativity, allowing your writing of music or lyrics to flow at any time you choose.

So when you feel it's time for a new album and you need 12 songs to complete it, you won't be hindered by writer's block and a lack of creativity, inspiration or motivation – you will be able to tap into them at any time.

## Results

Having worked through the Overcome Writer's Block Package you can expect to achieve the following results:

- What makes your music flow? – as a musician you will discover what currently inspires and motivates you to write and what has inspired and motivated your previous writing activities. Knowing these inspirations and motivations is the secret to

unleashing your creativity at any given time. So by the end of this programme you will find that your writing will flow more easily and that you will enjoy the process of creating your music and songs.

- No more blank pages – you will come to understand what blocks your creativity and what symptoms occur as a result of this block. You will identify what excuses you make to stop you writing – who and what you are blaming for this block. Ultimately you will discover the root cause of this block that will enable you to address and conquer it! Conquering that block will release your creative writing skills completely, enabling you to relax and go with the flow. You've got some great lyrics and music inside you – release it!
- Unlock your Music – you will develop a set of strategies that will enable you to learn how to cope with the pressures of writing your music and lyrics. These will enable you to link into your motivators and inspirers whenever you wish to write, making writing a pleasure and not a chore. Hey, here comes that new album!

Structure - The Overcome Writer's Block Package consists of on average, 5 sessions of telephone coaching with each session being of approximately an hour in length. However this package will be tailor-made to meet your individual needs and can include face-to-face coaching sessions, should you prefer this. Throughout the programme practical tasks may be given for completion in your own time.