

Skim-Friendly Overview:

Flow Forward is a 3-day, restorative virtual writing retreat for women of color scholars happening **January 13–15, 2026 (1:30–5pm ET)**. If your writing has felt heavy, distant, or disjointed, this retreat offers gentle structure, protected time, and a supportive community to help you reconnect with clarity and confidence.

Enrollment is capped at 10 participants.

[\[Reserve your seat here\]](#)

Can't join this retreat? [Complete the writing retreat interest form](#) to be notified about future writing retreats and seasonal writing spaces for women of color scholars.



Flow Forward: A Restorative Writing Retreat for Women of Color in Academia

Return to your writing grounded, proud, and clear—no longer bargaining with burnout to get your best ideas out.

Flow Forward is a 3-day, nervous-system-aligned virtual writing retreat designed for women of color faculty, postdocs, and advanced graduate students who want to reconnect to their writing with clarity, energy, and calm.

Not a writing bootcamp. A humane, restorative space to reconnect with your work.

For anyone who's arriving at the end of this year depleted, scattered, or unsure where to begin—**Flow Forward** is designed to help you reset your writing life gently, without hustle or pressure.

[\[Reserve your seat here\]](#)

Who This Retreat Is For

Flow Forward is for scholars who are ready to:

- Reconnect with their writing identity without exhaustion.
- Restore creativity after a demanding semester.
- Replace urgency with rhythm, and isolation with community.
- Build a sustainable writing presence—not a short-term surge.

You are welcome here if you are:

- Faculty (tenure-track, non-tenure track, teaching faculty, research faculty)
- A postdoc or advanced graduate student
- A scholar whose identity or lived experience as a woman of color shapes how you navigate academic life

All are welcome to learn from the spirit of this work, but this retreat centers the rest needs, creative renewal, and lived experiences of women of color scholars.

[\[Reserve your seat here\]](#)

Why Flow Forward

During the academic year, the demands of teaching, service, and care work often eclipse time for meaningful scholarship.

Flow Forward offers a structured, humane reset—a space to:

- Release the chaos of the semester.
- Reconnect with your purpose.
- Write in community without pressure.
- Restore the momentum you've been missing.

Most writing retreats focus on productivity; **Flow Forward** focuses on presence, clarity, and creative restoration.

This retreat helps you move from: **“I’m stretched too thin to write” → “I know how to return to myself and my work with clarity.”**

[\[Reserve your seat here\]](#)

Choose Your Retreat Rhythm

For this season, Flow Forward is offered as **a single, intentionally small, high-support cohort** designed to meet you in that early-semester window when clarity, rest, and renewed focus feel most possible.

If the fall semester left your writing feeling distant, heavy, or hard to return to, this cohort was designed with you in mind.

Begin Again — January 13-15, 2026

1:30–5:00 PM ET

[\[RESERVE YOUR SEAT HERE\]](#)

Begin Again offers a spacious, early-semester reset — a chance to reconnect with your writing after a demanding fall and begin 2026 with intention.

This cohort is ideal if you’re craving:

- A calmer start to 2026
- Guided structure that reduces decision fatigue
- Protected time to write without pressure
- A supportive community to help you regain momentum

Enrollment is capped at **10 participants** to create an intimate, restorative environment where women of color scholars can write, rest, and reset together.

[\[Reserve your seat here\]](#)

Before the Retreat: Arrive Aligned™

A gentle, three-day pre-retreat method that helps you reconnect with your writing in just **30 minutes a day**—even if you arrive overwhelmed, overextended, or unsure where to begin.

Most scholars think the hardest part of a writing retreat is the writing itself. But the real challenge is **arriving grounded enough** to make the experience meaningful.

Arrive Aligned™ is a calm, humane, and deeply clarifying method that helps you do exactly that.

Day 1 — Reconnect To Purpose

Rather than reopening your project from a place of guilt or pressure, you'll **reconnect with the deeper purpose beneath your work**. This subtle shift restores clarity, meaning, and motivation—the foundation of sustainable writing.

Day 2 — Simplify Your Path

You'll be guided through Brielle's Energy Audit—a simple, easy-to-follow method that helps you **understand the true demands of your writing tasks**.

In just 30 minutes, you'll begin to see:

- what deserves your highest energy
- what can be completed on a low-capacity day
- what no longer belongs on your list at all

Participants regularly describe this as **the moment the fog lifts**.

Day 3 — Begin with Care

You'll shape a **kind, realistic plan for your retreat**—one that honors your ambition *and* your nervous system. No more arriving scattered. No more decision fatigue. You'll enter Flow Forward already grounded.

If life is life-ing...

And you don't complete the sequence beforehand? **Your first win of the retreat will be completing it gently in community**—without shame, hurry, or pressure.

Previous retreat participants have said:

- ★ “The 3-day email exchange was VERY helpful.”
- ★ “I never considered streamlining my research in that way. I’ll use this system for all my future writing.”
- ★ “It helped me finally finish something important.”

Arrive Aligned™ sets the tone for a retreat that feels rooted, humane, and deeply restorative.

[\[Reserve your seat here\]](#)

What You’ll Experience (Each Day)

- A gentle grounding practice to begin
- Three hours of protected writing time in community
- A restorative writing rhythm aligned with your energy
- Guided reflection to celebrate your progress and set clear next steps

You’ll also receive:

- A digital workbook for goal-setting and celebration
- Opening reflection + closing celebration
- Access to a small cohort for a supportive, non-judgmental atmosphere

[\[Reserve your seat here\]](#)

Additional Support Included

Collective Circle (February 6, 2026)

A gentle group recharge as the semester begins—to help you recenter and carry your retreat rhythm forward.

Spring Forward Writing Challenge (February 9–15, 2026)

A 7-day, lightly guided accountability experience to help you sustain your momentum toward one meaningful milestone.

[\[Reserve your seat here\]](#)

Investment & Enrollment Timeline

Early Bird (Nov 16–25, 2025): \$1,197

The Early Bird rate will be honored for scholars who request a departmental invoice between Nov 16–25, even if payment is processed later.

Regular Admission (Nov 26–Dec 15, 2025): \$1,397

Registration closes on **December 15, 2025 at 11:59 PM ET.**

This timeline supports scholars who need to request departmental funding before the break.

Note: If seats remain after December 15, a limited number may quietly reopen in early January for scholars finalizing funding.

Risk-Free Support Commitment

If you attend all retreat sessions and still feel disconnected from your writing, I will personally meet with you for a **30-minute Strategy Session** (a \$250 value) to help you regain clarity and momentum.

Department Sponsorship Support

Many departments cover faculty professional development.

You can:

- Request an invoice directly from me
- Use the downloadable “Ask Your Chair” email template below

→ Share this page as your program description

If your department covers faculty development (many do), here's a quick email you can copy/paste to request support.

[Ask your chair email template](#)

If you need help navigating funding, reply to your confirmation email—I'm happy to support you.

Can't Join this Cohort?

No problem. Join the waitlist to be the first to know about future writing retreats and seasonal writing spaces for women of color scholars.

👉 [Join the Writing Waitlist](#)

Your Facilitator



Dr. Brielle Harbin is a political scientist turned systems strategist and the founder of Your Cooperative Colleague LLC. She helps higher-education leaders, faculty, and institutions cultivate civic courage and grounded leadership—building academic systems where rest, courage, and belonging fuel innovation.

Her writing and teaching support scholars in building sustainable, humane, creative academic lives that honor both their brilliance and their well-being. She has supported hundreds of faculty and academic leaders across institutions in the U.S. and abroad.

Ready to Restore Your Writing Rhythm?

Join the January Begin Again Cohort Below.

Reserve your Flow Forward - Begin Again (January 13-15, 2026):

- [*Join Begin Again \(1:30-5PM EST\)*](#)
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Refund & Transfer Policy

All purchases are final. One seat transfer is permitted if you notify me by the end of the day on **January 2, 2026**.

You may transfer your registration to a colleague or peer once for the same retreat dates, pending approval.

This retreat is an educational experience, not therapy or coaching. Results vary based on participation and personal context.

By enrolling, you acknowledge that your purchase reserves one of a limited number of seats.

Pricing Transparency

- All prices are listed in USD.
- Department invoices are available upon request.