



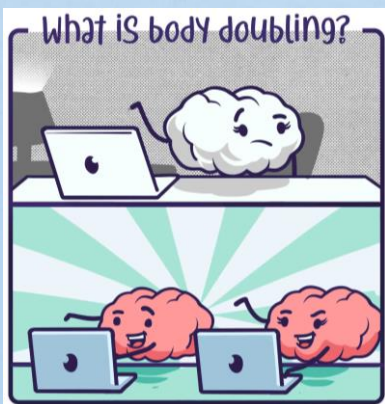
the  
**Pomodoro**<sup>®</sup>  
TECHNIQUE

# Writing Group

June 27<sup>th</sup> 9-10am @ JHCC

- Do you have trouble writing?
- Do you feel you just can not concentrate?
- Are you having trouble finding motivation and inspiration?
- Can't figure out how to phrase things?
- Not sure where to start?
- Don't have a safe space you feel comfortable?
- Too many distractions?

Come to JHCC on June 27<sup>th</sup> 9-10am to see if the Pomodoro Technique helps you concentrate and if body doubling (aka parallel working) helps you with motivation.



If you need to borrow a laptop or have questions or need accommodations, please reach out to the EDI committee at [EDI@hli.ubc.ca](mailto:EDI@hli.ubc.ca)

**Pomodoro Technique** is a time management method that utilizes fixed time intervals for focused work followed by short breaks to increase concentration.

**Body doubling** or **parallel working** is a strategy used to initiate & complete tasks that are potentially frustrating by having another person work alongside you.