



# PROCTOR

## Writing & Relaxation Retreat

### RETREAT DATES

Tuesday, July 22 at 6PM -  
Friday, July 25 at 3:30PM, 2025

### LOCATION

Chauncey Conference Center,  
Princeton, NJ

### PRICING

\$2950 includes:

- Lodging (3 nights)
- Meals
- Program Fees
- Writing Resources
- Writing Coaches
- Relaxation Coaches
- Swag bag

Seize this opportunity to invest  
in yourself and your craft.

Limited spots available, so  
apply early.

\*Participants are selected on  
the quality of their application.

## Embark on a Journey of Creativity: Discover and Enhance the Writer Inside You at the Proctor Writing and Relaxation Retreat!

Escape the hustle of everyday life and immerse yourself in a retreat designed to inspire your writing. Join us for a transformative experience where the art of writing meets the peacefulness of relaxation.

### Unlock Your Creative Potential

Ignite your imagination and let your creativity flow in a beautiful atmosphere surrounded by peers. Our expert writing facilitators, writing and life coaches, and relaxation coaches, will guide you through tailored workshops on book writing, writing for public consumption, and creative writing. Our retreat offers a space for exploration and growth for emerging and more seasoned writers alike.

### Inspiring Settings

Immerse yourself in the natural beauty that surrounds our retreat location. From calming landscapes to cozy writing nooks, we aim to inspire and elevate your creative writing spirit. Find solace in the perfect blend of nature and comfortable accommodations.

### Relaxation and Renewal

Indulge in moments of self-care with mindful meditation and nature walks. Our retreat is not just about words on paper; it's about reflection, artistic exploration, and reconnecting with the stillness that fuels creativity. Here, you'll find the perfect harmony between work and rest, allowing you to nurture both your creative spirit and your well-being.

### Nourish Your Body and Mind

Savor delicious and healthy meals crafted with care. Our culinary team ensures that every bite complements your journey, providing the nourishment needed for both your creative and physical well-being.

**APPLY NOW!**

## WHAT TO EXPECT

- Guided Writing Workshops – Tailored sessions include:
  - \* Book writing
  - \* Writing for Public Consumption
  - \* Creative Writing
  - \* Editors and Publishers (hosted by Princeton University Press)
- Individual Writing Time: Quiet moments for personal reflection
- Diversity: Learn from a diverse team of professionals and writers
- Community Engagement: Share and collaborate with other writers
- Networking: Connect with other writers and publishing professionals
- Access to Writing and Life Coaching: Professional coaches tailor mentorship to your needs
- Relaxation: Feel serene with guided meditation exercises and access to amenities like beautiful, natural grounds, a saltwater pool, and more
- Nourishment: Eat meals prepared by an award-winning chef & free-flowing beverages
- Positivity: Grow your craft through a positive, nurturing, and constructive environment

## WHO SHOULD APPLY

- Faculty of all ranks and positions
- Higher education leaders who want to pursue writing and/or book projects
- Nonprofit leaders who want to enhance their writing skills
- Ph.D. candidates at the dissertation stage who need inspiration
- Anyone interested in amplifying their writing and achieving work-life balance

## APPLICATION CHECKLIST

All application materials are due no later than March 3rd, 2025 at 11:59 PM ET. The online application may be accessed here: [Proctor Writing and Relaxation Retreat 2025](#).

Please be sure to submit the following materials by the application deadline:

- Completed online application
- Uploaded writing sample
- Answered supplemental questions
- Uploaded CV/Resume

**There is a \$500 discount for assistant professors, doctoral candidates, and faculty from Minority Serving institutions.**

**Contact for More Information:**

**Gisselle Criollo**

**Assistant Director for Programs and  
Communication**

**[gisselle.criollo@gse.rutgers.edu](mailto:gisselle.criollo@gse.rutgers.edu)**