



Dr. Coop-Love ❤️

Dissertation Coaching

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Dissertation Coaching Details

Why hire a dissertation coach?

- There are practical reasons to use a dissertation coach. Advice from someone who's helped dozens of students through the process, and who knows the requirements and "language of academia," will save you time and wasted effort.
- There are mental and emotional reasons to use a dissertation coach too. Being supported through this lonely process can be a wonderful thing. Many people go down a rabbit hole of despair or experience impostor syndrome. A good dissertation coach can help with these feelings.
- There are also economic reasons to hire a dissertation coach. A dissertation coach can help you finish faster, saving you valuable tuition money. This also allows you to start your postdoctoral career sooner.
- Here's why a dissertation coach can help save you money.
 - A good dissertation coach can help you find your way back out of the weeds. You'll have someone to tell you whether your research question matches your study design, how to round out your literature review, and when to use which methodology.
 - A good coach can help you set up ways of working that support rapid progress and quickly clarify areas of confusion so that you can do the work you signed up to do.
 - With a good coach, you'll feel comfortable saying anything or asking any question without fear of reprisal. Many students have been "burned" by asking a question they were told was stupid or inappropriate. A good coach accepts you where you are and helps you move forward.
 - It can also be nice just to vent to your coach. Everyone understands how difficult it is to be in your position, with so many people holding your future in their hands. A good coach will be a good and empathetic listener when you're feeling frustrated.

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Do I Need a Dissertation Coach?

- Are you tired of working hard but cannot seem to make consistent progress?
- Do you feel stuck?
- Do you get caught in cycles of procrastination and self-doubt that interfere with your progress?
- Do you feel you need more accountability?
- Do you feel overwhelmed by the dissertation process itself?
- Do you feel that the stress associated with the dissertation process is interfering with your ability to work effectively?
- Do you fear that you lack enough intelligence, creativity, motivation, or other necessary qualities to finish your dissertation?
- Do you struggle with perfectionism?
- Do you make new to-do lists on a regular basis that do not help you be more productive?
- Do you work full or part-time, have children, or health issues that make it difficult for you to find the time or stamina you need to consistently work on your dissertation?
- Are you frustrated by your inability to build or sustain motivation?
- Do you no longer live in the same state or city as your graduate program?
- Are you receiving inadequate support from faculty or your committee during the process of completing a dissertation?

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As your Dissertation Coach I Will

- Coach you to determine realistic short and long-term goals.
- Coach you to reduce procrastination and increase motivation.
- Coach you to make consistent progress towards meeting your goals.
- Coach you on any issue that interferes with your progress
- Hold you accountable to specific daily and weekly goals.
- Help you manage the negative self-talk and self-doubt that is often associated with completing a dissertation.
- Help you change behaviors and habits that interfere with your motivation and productivity
- Teach you time management and stress management techniques.
- Coach you to overcome challenges such as writer's block, organization issues, and perfectionistic writing.
- Help you reestablish contact with faculty or obtain readmission into a program if needed.
- Help you establish and maintain good working relationships with your dissertation chairperson and committee.
- Provide you with support and encouragement throughout the dissertation or thesis process.
- Help you prepare for oral proposal and defense meetings.
- Help you as you consider your career options and search for jobs.

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How Does Dissertation Coaching Work?

- Dissertation coaching is delivered by telephone, Skype, Zoom, or in person at my office.
- Initially, we design an overall structure for completing your dissertation that includes a master timeline and weekly action plans to help you develop:
 - a sense of how long it will take you to finish and
 - a clear set of dissertation tasks you can complete on a weekly and day-to-day basis.
- I meet with you either weekly or biweekly to review your progress, coach you to overcome internal and external challenges, and set new goals.
- As a dissertation coach, I will help you maintain an accurate and realistic work plan to keep you on track.
- I provide email and/or text communication as a way to support you, intervene when problems arise, create a sense of accountability, and keep you on task.
- Dissertation coaching is provided on a monthly basis. There are no long-term commitments to make.