

# **The value of a Shut up and Write Group: A realist appraisal**

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## **Overview**

This presentation contains reflections on the authors' experiences of being part of an emerging women's writers 'Shut Up and Write' (SU&W) group which brought together women from different countries. The presentation examines key findings including personal motivations for joining the group, benefits and challenges of participation, and considerations for creating such a group. This presentation will be of interest to anyone interested in peer learning and support, creation of online communities of practice, approaches to combat isolation, and exploring methods of supporting individuals to write and ultimately publish in the area of Critical Realism (CR).

## **Background**

All three authors participated in a CR Emerging Female Writing Group, established following connections made during the IACR 2024 conference. The SU&W group created a weekly online space where members met in a supportive focused space to work on their individual CR-related work, including drafting articles for publication.

## **Methodology**

The authors co-created questions to guide reflective conversation examining different aspects of individual and collective motivation and experiences with the SU&W group. The conversation was recorded and transcript thematically analysed to identify key learnings.

## **Key findings**

Key findings included motivation and need for community, the importance of human connection, structure and function of the group, benefits and impacts, evolving purpose and closure, leadership and facilitation. Members appreciated the group as a way to hold themselves accountable. Ultimately, the group became a transformational peer support space.