**YGT episode 126**

You're listening to you've got this episode 126. Welcome to you've got this a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life. I'm your host. Dr. Katie Linder. On this episode. I'm really excited to share with you about a new program that I'm going to be offering through my business and this is a program that has been requested by a.

Of people and it is a kind of guided tour through my radical self-trust taxonomy. Now, a lot of people have decided to work with me privately in a coaching relationship around this but I had a lot of people ask, how are you going to do a course around this or you going to do something that I can be a part of or is there a kind of a community that you're going to build around this?

And so I gave it quite a bit of thought over the last six months or so since I first started talking about radical self trust and if you're not sure what I mean by that. Link to the text on a page on my website so you can check it out. But I had so many people asking me about it that I thought I do want to do something that can bring people together that we can explore this together in a community setting.

So here's what I came up with. It's called seven weeks to radical self trust and it is a group coaching experience where you will come together with other people. We will be meeting via Zoom every week together. I'm deciding to offer this on Sunday evenings and will meet together for 90 minutes and that will give us time to be introduced to the topic of the week.

It'll be an element of radical self-trust to explore that topic together through some guiding questions that I'm going to offer and through some breakout rooms. So they're going to be small group conversations and maybe even sometimes paired conversations with other people who are signed up for the program.

And then I'm also going to offer some group coaching for the large group all together around this particular topic of that that particular week, so. The whole idea of this program is to help you to develop a consistent practice of the purposeful actions that are going to be rooted in your capacity for steadfast self awareness and self loyalty.

It's a lot of self-reflection. So if you are not really into that, this is not going to be the program for you. There's a lot of. Journaling there are assignments every week that I'm calling self work instead of homework that you can kind of dig into each thing and really personalize it for you.

But through this program my hope is that you're going to have the outcomes of what radical self-trust cultivation looks like and that's an alignment of your values with your actions more clarity of direction or peace with decision-making if you're at a place in your life right now where you need that increased self-confidence and self acceptance more magnetism of drawing other people into you energized focus and meaningful.

So we'll have these weekly group coaching calls will have these self work assignments where you can really personalize the information to your life to your work. I'm also providing a list of examples and resources of people who are already doing what I consider to be cultivating radical self trust in their life and work now, they're probably not calling it that but I wanted to kind of draw together bunch of examples of people who I see already doing this work in a more public way.

So, Explore that as well. And if you know anything about me, you're not surprised to know that I designed a workbook for this particular experience. So it's about 75 pages and it's a mix of lots of space for note taking and reflection. There is some content that you can read every week just really short pieces of content the equivalent of like maybe a longer blog post so that you can have a little bit of context for what we're working on.

There are the self work assignment descriptions that are in the workbook of the things you're going to be expected to do every week. And then also I've included a lot of Journal prompts and guiding questions for every week of the program to really get you thinking kind of in a deeper way of where you want to take this for you.

Now one of the things that I have really tried to focus on in my coaching practice and even in my speaking and my workshops that I do for the last couple of years is really trying to personalize the content to every single person who's in the room or who's in the program and this is really because I think that it is not a one-size-fits-all and that's one of my favorite things about the radical self-trust taxonomy is the way that you see me and acting it and cultivating it in my own life is going to look really different from how you might.

An act and cultivate it in your life. So this program is really meant to give you the time the space the community and the support to think about what it looks like to do this more in your own life. So if you've been intrigued by the concept of radical self-trust and you know, you want to dive a little bit deeper into it, but you're not quite ready to engage in private coaching around it.

I think this is a really excellent opportunity to do that kind of deep reflective work in a supportive space. And with other people who are also interested in doing that deep reflective work. So a couple things that I think are important to know is that this is a program that at least the kind of large group discussion and presentation by me is going to.

Recorded I won't be recording the breakout rooms because I think those conversations are private. But if you were to miss a session or something like that, you would have these other recordings that you could turn back to. This is also something that I think I'm going to be offering about four times a year.

The first offering is coming up in February. So the launch date of round one is February third. But I am going to offer it again this spring starting in kind of later April on April 21st. So with you go to the website right now kitty litter dot work / rst. You will see that you can register just for that first February offering that's going to run seven weeks and we're actually going to skip one week towards the end to give extra time for reflection and building in for what I'm calling the final project.

So I'm excited about that. But as soon as the. Just raishin for the first round of seven weeks to radical self-trust closes. I'll be opening up registration for the second round. So if you know, you can't do Sundays in February and into March, but you want to do them in April into may you can do that.

I'm going to take a break from offering the program over the summer and then I'm going to offer it again twice in the fall. So those dates will be up as soon as they are finalized. So I hope that this is something that is interesting to you. This is a program that I took quite a bit of time to develop more time than I typically would if you've been following the show for a while, you know that I sometimes do things pretty rapidly but this felt really important to me and if you've been listening to Prior episodes, you know, this really does feel like my life's work and I'm excited to dive into experiment with this program and to see what kind of change it brings about into the participants lives.

So the big question I think for everyone is how much does it cost? So I thought about this quite a bit and wanted to price this really quite a bit lower than my private coaching packages because I think that while you're going to get a lot of good content and you're definitely going to get a coaching experience in this program.

I know that not everybody can afford private coaching. So this program for the seven weeks is a little under $500 and pricing it at 497. Right now I do not have a payment plan. It's just a one flat payment a 497 but what I am offering for people who purchase the program in the first couple of weeks that I am launching it.

So before January 24th, I'm offering a free private coaching session. Which right now is a value of 250 dollars for just a single coaching session with me. So you would get the seven weeks to radical self-trust program, and then you would also get a private coaching session with me if you register before January 24th, so I'm excited about this, and I would love to hear if you have questions about the program if there's something that you want to know that I didn't address on this episode.

Please feel free to email me at contact a kitty litter dot work. You can also tweet to me. Katie double underscore lender or connect with me on Instagram @ KD underscore lender as we dive into the new year. I'm a huge fan of self-reflection and especially guided self reflection when it's done by someone else and it helps me to kind of think through things in a really guided and supportive way and I hope this is what I can offer to you through seven weeks to radical self trust.

You can learn more about the program at Katie lender dot work backslash R st. Thanks so much for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie lender dot work / podcast. You've got this is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose learn more about the rst channel at Katie Leonard at work / podcasts.

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