**LWQA episode 130**

This episode is brought to you by seven weeks to radical self-trust my new group coaching program designed to help you to develop a consistent practice of purposeful actions rooted in your capacity for steadfast self awareness and self loyalty through the program. You'll develop self Knowledge and Skills that will lead to an alignment of values with actions Clarity of Direction and peace with decision-making increased self-confidence and self acceptance magnetism energized focus and meaningful productivity.

Learn more and register for the next offering of seven weeks to radical self-trust at Katie litter dot work / R. St. You're listening to lifework QA episode 130. Welcome to life work QA where I answer a listener question each week and provide resources and guidance to help you take your life and work to the next level.

I'm your host. Dr. Katie lender. In this episode. I want to answer the question that I'd be getting from some people about how did the first round of my new group coaching program seven weeks radical self-trust. How did it go and I am happy to talk about this. Especially as I'm about to launch round two of this program, it starts on April 21st, 2019, and then I'm not offering it again until the fall.

So I thought this would be a good time to kind of check in and give people a little bit of an update about how it went and I'll be honest. It's a little bit hard for me to talk about it because it was such a special experience. I feel like I'm not going to be able to really do it justice to talk about it because.

The experience that I had with this first group, I mean in addition to it just being the first time I was running this curriculum, which is always kind of an adventure. I'm just so incredibly impressed by what people brought to this group and what they built out of this space with each other. I like I just don't have words for some of it.

So I'm going to do my best to kind of talk about how I went. But I mean, I guess I should just start by saying it was phenomenal like it was an incredible experience. Is to facilitate this group this first group was relatively small. I had three people sign up. So there were four of us who were meeting every week to talk about these issues and I had not capped this group.

I wanted to just kind of see you know, how much interest I would have and I actually really loved that. It was so small to start out because we were really able to form close relationships between the people who were registered for the program and it was such a privilege to. Talk about these issues every week and and go through this content every week with this group of people and I guess part of the challenge of talking about this kind of program is what draws people to this program is often really personal.

And there are people who have been following my work for years who signed up for this program and it's like as soon as they heard radical self trust. They knew that they wanted it. They knew that it was important to them and it was like the right timing for them in their professional life to do a deep dive and to really be reflecting on these issues and for some of the people in the group.

It was really kind of a time of professional Crossroads for other people. They just had kind of a genuine curiosity about what. Nicole self-trust could meet in their lives, but everybody came with a really personal understanding of what this could mean to them and like the importance of it. They held the program as having such an important role in their life right now that it just made my.

Facilitation of the program feel like such an honor and a privilege to do it every week because I knew that they were showing up with the intention of like really incorporating this into their lives in incredibly powerful ways that could make significant change in their lives and their their professional lives their personal lives.

So as you can imagine this was a very. Trusting group first of all to even come in into this program, but they also have developed such strong relationships of trust with each other with me and with each other and I also have developed trusting relationships with them because in this group, I'm also sharing.

You know, what it means for Radicals. I'll Trust in my own life, you know, like I'm going into certain things on in this group that I might not talk about in other public ways. And so I'm trusting. I'm with my stories. They're trusting me with their stories and we're kind of learning about this content together.

And as I offer different examples to that group and they're offering examples to me we get into some really deep stuff and it's so that's just been an incredible part of the program as well is like it's so real it's so genuine and people are just opening up about their stories in ways that are incredible.

So the other thing I guess that I should say that. It didn't surprise me, but I definitely felt again kind of this sense of responsibility with this group is that there have definitely been sessions where people have gotten emotional in terms of how they've responded to certain parts of the radical self-trust content and seeing where that has happened has been really.

Helpful for me to understand that there are certain elements of radical self-trust that are just really hard for people and it's not always the things that you might think and so I'm really curious in the next round of when we when I run this program. If I will see the same kind of reactions in the same places and my senses the answer is no that that everyone's going to be kind of reacting to this differently that the chemistry of each group that is coming into this program is going to be you know affected differently by when we go through the curriculum, but.

It is an incredible thing to be able to hold space for people who are struggling who are emotional who are trying to figure out really big issues and their lives and they have chosen to come into this group to do that and they're trusting the space where they can learn from in particular each other.

But also they're really diving deep into their own kind of personal Reflections and that's hard work. It's hard work to do that. So, Seeing how it's affected members of the group again. I'm actually really glad it was a small group. I think if I had had like 25 people in there, it would not have been the same experience and I'm actually thinking of capping it now now that I've seen it and I've seen kind of the power of the curriculum, I as important as it is to me to kind of spread this message and and get people thinking about radical self trust and cultivating it in their own lives.

I also feel like there is there would be a reason to kind of. Make sure that this program is small enough in the same way that I've kind of limited the writing groups, you know that I want it to be a powerful experience for people and I think if it gets too big that might be a bit of a challenge so I'm currently thinking about that given the experience of the people in the group so.

I guess it probably goes kind of unsaid but I will just say I'm learning so much about radical self trust through the experience of the participants in this group. I'm seeing examples of how they're engaging in their lives. I am testing out a lot of coaching Tools in this group that basically the setup is we go through.

Content but then every week they have what I'm calling self work, which is basically a form of homework that they go through a tool or two and I give them instructions about what to do and then we come back and kind of debrief it and I'm learning about kind of the sequencing of where I've placed those tools in relationship to different concepts within the curriculum.

How it's working how I might want to tweak it in the future. And also how these tools work specifically with academics and higher education professionals and I use these tools with individual coaching clients, but it's really helpful to see them discussed in a group setting because I can see how different people are interacting with them in different ways at one time, which is actually really helpful for me.

The other lesson that I'm really learning about this is with group coaching. You know, I've chosen to have a little bit of a curriculum just because I want to give people structure and I want to have a sense of kind of generally what we're going to be doing in this group. But you also need to let the group go where it needs to go.

And so I will start the session with a particular idea of where we're going to be headed and I have shifted sessions like in the middle. Because of how people are responding or what the group needed in a given moment and that's part of what coaching is is like responding to the client and what their need is sometimes in a very spontaneous way.

So I'm also learning about that and I feel like coaching is a constant lesson in letting go of my own sense of control and which is part of why I love it. It's a really good lesson for me. So. I feel like this has just been such an incredible experience. Like I said, I there are just no words to really describe how privileged I have felt to lead this group to hear the stories to see the change that is happening in the participants lives and I am I can't wait to do round two.

I'm also to be honest. I'm kind of intimidated by my own program like it's incredible to me what it's bringing up for people and. To some degree. It's like I don't feel like I'm enough as a facilitator to kind of hold that space for people like it just feels like I'm at the edge of my capacity to bring this kind of power into a space and and see what happens with it.

So, yeah, I mean, I'm just learning and growing in huge ways through this program myself, so. I don't know if there are other things that you want to know about this program. I did talk a little bit about the structure of it in a recent episode on group coaching which I can link to in the show notes, but I guess what I would say is like this is one of those programs where I feel like you need to be ready.

I feel like if you're interested in it, or you think it might be for you go to the website. And feel free to email me with questions. If you're not sure like definitely contact me if you have questions about it, but it requires a lot of you to go through this program and to really delve deep into how this is kind of being enacted in your life or not.

And what you want to do in order to cultivate radical self trust and I really want people who join this program to feel ready for that and to feel like they're in a space where they can kind of do that deep exploration work. Just with themselves, but with a with a small group of people and with me.

So I will link to this in the show notes, but you can always go to Katie lender dot work backslash R st to figure out when this program is going to be offered again as I record this it will be in just a few weeks. It'll be an April 21 is the the start date for the next round. It is being offered on Sundays in the US on the other side of the world because I have had participants who are international that is Monday your time.

So feel free to check the time zone and. If that fits for you, and then it will be offered again in the fall twice. So I'm taking a break over the summer. But if you want to get it into your life before the fall now is the time. So check out the website. Let me know. If you have any questions. You can always tweet to me at Katie double underscore lender.

You can contact me via email at contact a Katie lender dot work. You can connect with me on Instagram @ KD underscore lender or you. Write me a letter A Katie Linder PO Box 1621 in Albany, Oregon nine seven three two one. So I would love to hear your questions about this program if you have them and I would love for you to join me in a future round.

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