**YGT episode 145**

Hey there, ygt listeners this episode of you've got this is brought to you by my summer virtual writing groups program because summer writing is coming and I want to support you. This is my favorite time of year to be writing. This program is a series of weekly group coaching meetings that will help you stay accountable to your writing goals in the summer, which is the hardest time I think to stay accountable to those goals each virtual writing this package includes weekly meetings some private coaching sessions with me.

On topics of whatever you want to talk about access to my nine-part course on academic writing and Publishing and of course a lifetime membership to prolific which is my online community for academic writers. So if you are ready to tackle your writing goals and also have a little bit of fun along the way.

I hope you'll join in. Groups for summer 2019 start the week of June 10th and you can check out the program today. I'm offering four different options for the summer. So plenty of room for you to join in. You can learn more about the upcoming virtual writing program or sign up to be notified about future offerings of the program at Katie Linder dot work backslash virtual - writing - groups.

I hope you'll join in. You're listening to you've got this episode 145 welcome. 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 doctor Katie Linder. On this episode.

I thought I would share my plans for an upcoming creative Retreat that I have planned and I like to share out my goals for these kinds of things because first of all you all seem kind of interested when I take these kinds of creative Retreats and also I think it's just kind of interesting to update you on what I am currently working on.

So I thought I would share what my hopes are for this creative Retreat and then of course, I'll come back and do a bit of a debrief about how everything went. So this is a retreat that I booked a couple of months ago when I was in a heavy travel period And I was really feeling like I needed a break and I'm glad that I booked it.

It's going to be nine days including weekends. So I'm basically taking a full week off of work the last week of May. So I'm utilizing a holiday to take only for of. Some days to get nine days in a row and this is something I like to be pretty strategic about because I do have limited vacation time that I can use for things like this.

And if you've been following the show for a while, you know that I definitely have taken these Retreats before in the past. They've been writing Retreats where I've worked on a couple of my book projects. But this past December when I went on Retreat it really felt more like a creative Retreat I wasn't actively writing a book at the time and so I've kind of shifted my concept of what I do on these retreats to be more creative work which sometimes includes writing.

But also just includes kind of ideating and trying to brainstorm different things and sometimes it means producing different kinds of contents like podcasting or writing but I've expanded kind of what I do during these retreats. Now if you haven't been listening for a while and you don't know anything about this, these are Retreats that I take in my home.

So I basically just take time off of work and I have some goals that I set for what I want to get done and what I'm really excited about about this upcoming Retreat is right now, I have a really solid morning routine and I'm excited to keep that going during this Retreat. So I'm basically getting up and writing.

I'm doing Julia Cameron's morning pages. So I'm writing three pages in the morning and then I go for a walk that is anywhere between 60 and 90 minutes depending on how much time I have and I've been doing this pretty much every day and it feels really good. Then I come back. I have some breakfast make sure I'm staying hydrated.

I'll take a quick shower and then I'll dive into my work for the day. So I'm really wanting to keep that up during this creative Retreat and it's something that I've really been enjoying and I sometimes will kind of get into these kinds of routines knowing that I'm going to be having a retreat like this because then it kind of keeps it going into that Retreat when my schedule is a little more loose and I'm not having to worry about getting all that in before I go to work in the.

So I have some goals for what I'm hoping to accomplish during this creative Retreat and some of the things that I'm working on are things that I've not mentioned on the show before so I'm going to be letting you in on a couple of things that are cooking that I'm hoping to be releasing later this year and in 2020 that are going to take a little bit of lead time.

So mark your calendars if anything sounds kind of interesting to you, but first, I know that I want to do some. Cast and blog prep for June and I want to spend at least a day or two kind of getting things organized for that getting my post schedule ready to go and maybe even recording some bulk episodes so that I know kind of what's going on in June.

It just seems like such a good timing to have that last week of May that I would love to get things kind of recorded and pre scheduled for June so that I have a little more flexibility in my schedule throughout that month. The other thing that I want to prepare for is I am planning again to do my restful July project, which I started last year and it was basically a month where I took off from content creation and that means no new podcasting no new blogging and I'm using that month to kind of rest and rejuvenate and I post things from the archives so it would be possible for me and that may Retreat to actually get that stuff scheduled and.

Getting ready to go out. So that's something that I am absolutely considering doing during the retreat so that I would have basically June and July ready to go in terms of things pre-scheduled for the podcast in the block. Now I'm also thinking that this timing of this end of May Retreat would be a good time to brainstorm content for the second half of 2019.

And I have kind of a Content calendar that goes into August and I'm starting to generate ideas for the fall and it would be nice not necessarily to know exactly what days everything is going to post on but just to kind of have a general brainstorm list of the kinds of. Things I think I might want to talk about as they go into the second half of 2019 and part of this is also getting me into thinking about things that are launching that I know for my business.

I'm going to want to mention on the podcast or the blog, but also just things that have been on my mind that I think would be good topics for episodes and of course if you want to hear about anything in particular, please let me know. I love to hear from listeners, but what you want to hear me talk about.

But I think that basically a good chunk of this Retreat is going to be content and thinking about what's going on over the next couple of months. And then also what are some possibilities for the rest of the year now along those same lines. I do have now audio for the entire season 5 of make your way Sarah and I have recorded it.

So I'm also thinking of using some of this time to edit that season 5 and prep the release which is probably not going to happen until August in case. Kind of hanging around wondering when our next season is going to come out because of my restful July project. I don't want to release make your way up as those that are new during that time because I think it could be kind of confusing when everything else is archived.

So we're planning on doing maybe a bonus owed release in June and then we would start releasing season 5, which is all about the theme of marketing in August and then into September. So editing that would also be something that would be probably a day's worth of work that I could fit in during this Retreat time.

Okay, so I have two more other things on my project list and these are the things that I haven't mentioned yet, but they've just really been on my mind and it's time for me. I think to start publicly talking about them. So one is I want to develop a new group coaching program. And it's tentatively called what's next and this is because I have so many clients right now who are in this mode of in their career or their lives trying to figure out what's next for them and they are just struggling like this is why they come to coaching because they're really trying to get some guidance from their own values from just some clarity around their necks decisions, and I thought it would be helpful to do this in community and.

Able to have a place where you could go and have like a relatively short curriculum. I'm thinking it might be like a four-week program. So basically A month's worth of sessions where you would just come and be able to talk in a small group and try to figure out what your next step is. And this is something again.

I just I keep hearing about it. I feel like a lot of people are struggling with it and I haven't developed the curriculum yet, but I want to spend some time during this Retreat thinking about that and also thinking about potential launch timing. I am tentatively thinking of launching it in July because I would be taking that month off of content creation.

I'd have a little more time to do a project like that and if I was able to get it outlined in this Retreat period I would have the month of June where I could let people know that it's coming. So if this is something that you're interested in stay tuned because I'm going to be releasing some information about it and probably will be marketing it as early as June if this is something that feels like it might be a.

Trust you. And then the last goal. This is a big one and I'm not quite sure how far I'm going to get with it. But one of my kind of future plans around my coaching and my development as a. Is to maybe start helping to train other coaches and this is something that I've wanted to do almost from the beginning of starting my own coaching training because I realized the more I worked with academics and higher education professionals the uniqueness of that audience in terms of some of the challenges of working with people who need to present as experts all the time.

And they they know they need coaching but struggle to kind of go down into those vulnerable spaces of really asking the Deep questions and there are definitely tools and strategies. I have found that help this particular audience to go into those places and ask those powerful questions, and I don't really see a space right now where people can be trained to work specifically with faculty.

In terms of coaching or specifically to work with grad students or even just higher education Professionals in general. And so this is something I've been thinking about for a while and I. Need to kind of take some time to think about what that would look like in terms of my time to run a program like that.

I would have it certified through the international coach Federation. And so that takes time as well to get that done. And right now I'm tentatively thinking about doing a beta launch of the coaching program in order to get it certified. There's a ton of rules and regulations around. I'm doing a beta launch potentially in the first quarter of 2020 and this would be for people who want to become coaches and particularly coaches in the higher ed space.

And so I need to take some time to outline what could be a training schedule for that which would allow me to start to develop a little bit of a curriculum plan in terms of. What would need to be drafted which would then allow me to figure out when I would be doing that drafting of that curriculum and this is basically the equivalent of my next book.

This is kind of what I'm planning on is it will take some research it will take quite a bit of writing and I would basically put together a manual that would be like a book for people who would go through this curriculum. So I'm it's taking so much my brain space right now. I'm really excited about it.

I'm a little trepidatious about it to be completely honest, but I just feel like this is something I've had. So many people approached me asking questions about coaching and I feel like it's something that I could really offer to the higher ed space that could be useful. So that's another one where if you're kind of interested in that if you've been listening to my own coaching journey and your kind of intrigued by it.

Let me know if this is something that would be interesting. You I am going to be putting together some kind of way to collect a short list of people who might be interested in the beta version and I'm happy to provide more information when I have it and I've developed it. But this creative Retreat just seems like a good time to be thinking about that and to be trying to put some plans together for it.

So. I feel like this creative Retreat is a nice mix of like immediate things that I'm going to be working on in terms of content creation, but also some long-term and like maybe medium term planning of different programs that I have in mind and I'm just really excited to kind of dip in and out of that to get some rest as well.

I'm definitely going to spend some time during this creative Retreat getting some down time and getting in those walks listening to some podcasts reading some books and I think those nine days are going to be. Much fun. So stay tuned because I will update you on how things go with this creative Retreat what I'm able to get done what I learn along the way about the kinds of things that might be upcoming that I can offer to you.

And of course if you are taking any kind of creative Retreat, I want to hear about it. I'd also love to hear if you have questions about these kinds of creative Retreats that I. You can always email me contact a Katie Leonard artwork. You can tweet to me at Katie double underscore lender. You can connect with me on Instagram @ KT underscore lender, or you can write me a letter at Katie Linder PO Box 1621 in Albany, Oregon nine seven, three, two one.

I always love to hear from you. Thanks 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 Linder dot work / podcasts. 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.

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