**YGT episode 151**

You're listening to you've got this episode 151. 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 thought I would debrief my restful July from 2019, but.

Also let you know about some changes that are coming up. And if you remember from last year's restful, July all kinds of changes happened after that to that's when I developed the radical self-trust podcast Channel and I talked a lot more about radical softer. And these kind of times away from content creation always give me a ton of ideas and usually lead to some changes.

So the same is true for this year. But first I thought I would tell you a little bit about what I've been up to in July since I'm giving a bit of an update since I haven't been podcasting more regularly over the course of the month. I started the month by moving offices at work. If you follow me on social media, you know that I.

Been relocated somewhere for about six months while my current office space was being renovated. So I moved back and then I also have been working on a couple bigger projects. One of them is some rebranding work for my business. I've been working with an agency on that and you're going to start to see some changes both on my website my newsletter the podcast both visually and some other things as well.

So keep an eye out for that that's going to be happening starting. In probably early September and I also was working over the course of the month on a new keynote on radical self trust. And so that's been really fun to see that develop over the month of July as well about halfway through the month.

I hosted along with my research team nine Scholars from across the u.s. To come for a week and research with us at Oregon state which was so much fun. But also completely exhausting and so it was really the perfect month to take. Off of new content creation because I was hosting those Scholars and giving a lot of time and energy to facilitation and to building a research project from scratch in a collaborative environment and doing a big research project.

So really doing research at scale, which is also really fun over the course of the month. I also started putting a lot of energy toward my coach training program and I wanted to add some words to the coach training guide draft. It is now at about 30,000 words. I would say it's about. Halfway done and I'm going to be continuing to work on this throughout the remainder of the summer and into the fall probably and then I also facilitated the first round of the what's next group coaching program, which was so much fun and the participants in that program were so patient with me as I tested out some different tools and strategies with them and I really enjoyed it.

And then lastly I started recording a new podcast show to be released later. Fall on coaching and that will go with the coach training program, but it will be freely available for other people who are interested as well and I'll be giving more details about that as it continues to develop. So you might be asking yourself.

What was the restful part of my July because that was a lot and I really did a deep dive on some creative projects because I had the time to do that but I was also really attentive to making sure I was doing my morning Pages which is my morning journaling. I kept up my morning walks and have now passed the three month Mark of hitting 10,000 steps a day every day.

So that feels really good. I also read 10 books over the course of July 8 of them are fiction and two were nonfiction. I took a bunch of weekend naps, and I also dove into a new product that I hadn't tried before called Power she. By a company called cultivate what matters and did some goal setting for the remainder of 2019 and that felt like a really good way to end the month of July by doing some of that planning work for what is going to come up in the rest of the summer and into the fall.

So like I said like last year. This restful July has led to some changes. So I wanted to talk about what those will look like because you're going to notice some differences particularly on the podcast. So one of the things that I decided and I've actually been mulling over this for quite some time is I decided to shift the podcast back to its roots and I want to go back to calling it.

You've got this and just have it be you've got this and not worry about having a channel. Not have you know multiple shows keep it really simple and kind of go back to where I started and I so want to produce content that is absolutely aligned with my radical self-trust taxonomy, but one of the things that I've noticed and I got some feedback from listeners as well is that.

Trying to tell other people about the radical self-trust podcast channel. It's kind of a mouthful and it can be hard for people to find it and share it and I want to make sure that this is something that can spread and can be a useful resource for lots of people. So what I decided to do was go back to producing you've got this on Wednesdays once per week.

So that's what this episode is is going back to that and then I'm going to merge the content that I was producing in think right revised and the QA episodes kind of back. To you've got this so it's going to function as a place for me to talk about writing to talk about driving and Academia productivity questions from listeners.

All of those things will be able to be included in the you've got this shows. Now some of you may be wondering well what's going to happen to make your way because this is my show that I co-host with Sarah Langworthy and I talked with Sarah and we've decided to move that to its own RSS feed so season 5 is about to be released and what we're going to do is release it on this feed.

So if you're already subscribed you're going to get those episodes in your feed. And I'm also going to include some announcements with those episodes just to remind people to go search for make your way in iTunes or wherever you get your podcasts and you'll be able to find make your way as a separate show and we're going to start to release those episodes on its own feed to make it easier for people to find and just to kind of separate it out as its own entity.

And then eventually the the podcast I'm putting together for coaching is going to have its own channel as well. Its own RSS feed. So all of these things are going to get kind of separated back out. I think it's going to make them easier to find and also easier for you to follow what you're actually interested in and if you're interested in you've got this you can follow that if you also want to follow make your way you can and then of course when this new coaching podcast comes out, you're welcome to follow that also.

So the other piece like I mentioned is there's going to be lots of brand changes coming up particularly in my visual brand. So I will be doing a website overhaul a newsletter overhaul some changes on social media and things like that and you can watch that happen. Live I'm going to be sending out some announcements and kind of letting people know that that's happening over the course of the next couple of months.

It will take me a while to kind of touch everything and make sure everything is updated. But I'm actually taking a creative Retreat the first week of September in order to help me do some of this especially in terms of the website revision. And I will also be building out the site for the coaching training during that period as well.

So I'm using this episode really to just give a bunch of updates so that I can mention things may be briefly in the future but that you know, what's going on in terms of some of these changes and in particular when you see radical self-trust podcast Channel transition over or transition back as the case may be.

To you've got this so I am happy to answer questions about this if you have them, but really what this is about is a way for me to simplify my content creation to pull back on it a little bit because I am creating a new show on coaching rather than have one more show be added into the mix. I felt like I needed to kind of slim things down a little bit.

To make everything just a little bit more manageable and also to make sure that the content that I continue to create is really quality and that it is something that's useful for people who are following along with what I'm doing here trying to thrive and survive someday. In higher ed. So thank you so much for listening and for following along.

I loved doing this restful, July, and if you have taken a break this summer, I want to hear about that as well. You can always email me at contact at Katie Leonard artwork. You can tweet to me at Katie double underscore lender. You can connect with me on Instagram @ KD underscore lender, or you can always write me a letter at Katie Linder PO Box 1621 in Albany, Oregon 97321.

I always love to hear from you. 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.

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