**YGT episode 127**

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Learn more and register for the next offering of seven weeks to radical self-trust at Katie litter dot work / rst. You're listening to you've got this episode 127. 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. In this episode. I thought I would be kind of fun to offer a reintroduction of myself to people who are listening to this show because I know there have been. People have been listening to the show from the very beginning. But I also know there are probably quite a few of new listeners who have not gone back and listen to Back episodes and it's probably a little bit like coming in the middle of the action and you may not know some of the things that I'm referring to or the timeline and so I thought it might be useful just to give some of the basic facts so you could be reintroduced to me and the work that I'm doing and how the podcast came to be and those kinds of things.

So one thing that you may or may not have heard me mention on the show is my original disciplinary background is in women and gender studies. That's my Master's Degree and my PhD and I got those from Ohio State and after I was done with that, I went into faculty development and the early parts of my career were directing a center for teaching and learning and providing both teaching and learning supports technology integration support and also scholarship support for faculty at an institution in the boss.

An area and then around the summer of 2015. I went back on the market and ended up in my current job, which is directing a Research Unit for Oregon State University eCampus, and I wanted to come back to Oregon in part because this is where I'm originally from so I was raised for most of my childhood in the Portland area and I have a lot of family on the west coast and my partner also has a lot of family on the west coast as well.

So that's a little bit about my career background. But when I was in the Boston area, I started to do some speaking and workshop facilitation and got kind of an interest in that it was fun. I enjoyed doing that public speaking and I started to build a little bit of a business of doing that as a side income to my full-time work, but then when I moved to Oregon I took about a year off from that because I really wanted to give all of my time and attention to launching the Research Unit that I was.

And it was just getting launched like I was the founding director. And so I wanted to take some time but then I had a book coming out in the fall of 2016 and that book is my second book The Blended course design workbook a practical guide and because I had that book coming out. I knew that I might get some speaking inquiries and I wanted to kind of get my business started back up again in terms of being prepared for how to handle that.

So I went through the process of kind of thinking about that with my boss at the time and trying to figure out the best way to do that. And because I work for a state institution I decided in the fall of 2016 to form an LLC and that's my business. It's called Katie lender Consulting. I now co-own it with my life partner.

And so that was kind of the reason in part why I started that was really two separate it out from the work that I was doing for, Oregon State. Around that same time though. I started to create more contents. So the podcast in its original form, which was just you've got this launched in July of 2016.

So in the summer, and that was also when I started my blog which originally was called learn like a boss and then I transitioned it to the academic creative and then I started other podcasts along the way so in. August of 2016 when I started writing my third book on managing your professional identity online.

I kind of secretly started recording journal entries about that which I launched in the spring of 2017 as a podcast called the anatomy of a book which I then transition later on into think right revised. You can see there's lots of little transitions happening throughout this throughout the story and then in November of 2017.

I started a podcast on small business. With my co-host Sarah Langworthy and we called it at the time academic egg. And then of course in my Rebrand over this past summer, it became make your way. So podcasting as you can tell became a pretty big part of my story and that launched initially with a podcast that I did with Oregon State eCampus called research and action that launched in the.

Let's see. Now the spring of 2016 before I launched my private shows that I do down. So one of the things that I really loved about doing pot with podcasting is it does feel for me like a form of audio ethnography in some ways. It's a way of recording a lot of what's going on in my life and my business but also it's really about reflection and it kind of forces me to think about what are the things that are going on in my life that might be either a larger lessons for me.

Or larger lessons for other people. It also helps me to see patterns of the things that I continue to struggle with, you know, if I'm if I'm constantly podcasting about a certain topic or it also helps me to connect with other people around particular challenges or issues. I love getting questions from listeners because it helps me to know what are people kind of struggling with and wanting to learn more about so that's always been really interesting for me.

So I podcasted and I blogged for about a year and then I decided to launch a webinars program and that's how to Academia which has been running for a couple years now and that was launched in the summer of 2017. And I also at that time started to do some private coaching for people. And that led in 2018 well late, 2017 and throughout 2018 to me pursuing a coaching certification and it's official.

I'm now a certified coach which is really exciting. And then of course that blossomed into some group coaching programs my virtual writing groups program launched in the summer of 2018. And then if you've been listening to the show, you know, I've recently launched a group coaching program around radical self-trust in this year this month, which is January of 2019.

Now also in those that period of time I launched a couple other fun projects like soda by Design, which is my course on the scholarship of teaching and learning that came out in the summer of 18 and then in the fall of 2018. I launched prolific which is my community for academic writers. Now one of the huge things that happened for me in the past year or so was the development of my radical self-trust taxonomy.

And this is something that I definitely would say came about in part because of my podcasting and all the reflection that I have been doing to really try to figure out my why and what were the things that were really. The strands that were running throughout my business throughout my interactions with other people the things that I was really passionate about that.

I might want to develop even further and through quite a bit of reflection and through working with a coach over the summer. I figured out radical self-trust and I'll link to a place on my website that talks about it a little bit more, but it. Based on years of working with academics seeing what they were struggling with going through my own personal struggles as well.

And while I certainly think radical self-trust extends beyond the academic world. I it was definitely influenced by my work with academics and with higher education professionals because I've been in the higher education world now for a long time many many years as an administrator. And then also of course when I was a graduate student.

So hopefully this is a little bit helpful for people who are just starting out and kind of thinking about what's going on here. Like what is Katie all about? What is she doing? The other thing that I'm kind of constantly thinking about is how I can better communicate my work to other people a big way that I do this.

Through my website and so you will constantly see it being refreshed and as I continue to Niche into things like my speaking topics and the courses and programs that I'm going to be offering through my business keep an eye on that space because every six months or so it seems I do a pretty massive overhaul and really try to make it even more clear about what I'm working on.

And of course, you can also listen to make your way to really hear about that side of my business and some of the decisions that I'm making there. Now you might also kind of be wondering if you're coming into the channel relatively new why so many different shows and for me, it's actually been really an interesting process of trying to segments and communicate different parts of what is important to me in my professional life.

So you've got this is really about productivity and thriving in kind of a day-to-day way in terms of routines and habits. And what does it mean to be an academic think right revised is really about the right. In publication side of Academia because that's been such a huge part of what I've been focusing on in my own career and in life work you a has really been about those pesky questions that we don't really quite know how to answer.

We want some advice or feedback on or even just questions that can kind of stuck in my own mind that I want to be asking myself or asking you as listeners in a coaching way or in a way that is really kind of furthering our own professional development. In terms of really digging into what are the things that we value that we find important that we want to see more alignment within our lives.

So each of these shows has kind of a different elements and then of course make your way really focuses on the business. So if there's one of those things that you really want to focus on I would encourage you to look in the feed for the specific tag for each episode. So ygt will be you've got this.

TWR will be think right revised and YW will be make your way and then the QA episodes are the ones that answer listener questions. So hopefully this reintroduction was helpful. I'm always interested in the questions. You might have that will help you catch up about all the things that are going on.

I do recognize that there are lots of different kinds of projects that I always have on my plate. And as one person said on Twitter one time, which I really loved there's always something new cooking and Katie lenders kitchen. So hopefully this kind of reorients you if you have additional questions, you can always email me at contacted Katie Leonard at work.

Tweet to me at Katie double underscore lender, or you can always connect with me on Instagram @ KD underscore lender. Would love to connect with you there as well. 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 lender dot work / podcasts.

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