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Welcome to

coach to coach

a podcast dedicated to showcasing the power of coaching. I'm your host doctor Katie Linder and I offer coaching to academics and higher education professionals to bring more. He's to their lives and. Before you dive into this episode, here's a quick introduction to the structure of the show in each season of Coach to coach a new guest coach will come on the show to demonstrate a range of coaching tools and strategies.

The first episode will offer you an introduction to the guest coach, then I'll coach the guests and they'll coach me for the next six episodes and always on real topics and issues were dealing with in our own lives. Each season will end with a debrief episode where we'll talk about how the season went.

And offer any updates on the topics covered in earlier episodes, it might make the most sense to start each season in the beginning and listen to the episodes in order. This season I'm delighted to introduce you to dr. Katie peplum Katie specializes in working with graduate students and offers them a community and network to support their needs and help them to live whole lives while pursuing their degrees now onto the episode.

Katie I am so excited to talk with you. Thank you so much for joining me on the show for this inaugural season. I think we're going to have so much fun. Yes meet you so so excited. Okay. So one of my favorite things to do, of course is to talk to other coaches and I love to hear about origin stories and how people learn about coaching because it is kind of a niche thing and I think especially because we both come out of Academia, you know, there is coaching kind of embedded in different places, but not always in public spaces.

So tell me a little bit about how you first learned about coaching. Okay, so there's kind of like the intellectual part of me that learned about coaching and then there's the pop culture part of me. So if my PhD is in media studies and when I was doing my dissertation, I was watching a lot of Gilmore Girls and there's a great episode repairs skeller gets a life coach and it's sort of played as a joke.

She's moving into college and sort of an adjusting but I remember like thinking gosh. At that time and then every time I've seen that episode that it's just it's a really good structure. I would love to have somebody who's like you need to cap a craft corner and setting that up for me. But intellectually, I probably learned about it.

Most closely even though very few people called it coaching when I was working for the teacher the center for research on teaching and learning sterile tea at the University of Michigan where I did my degree. So I worked really extensively with them and was a teaching consultant for a couple of years and that was very close to coaching or at least the way I experience coaching now, but in a very limited Zone because I was only really working with people about their teaching.

Okay. So I also remember that Gilmore Girls episode a good one and I do think that life coaching gets kind of this rap of like being kind of whoo, or you know fluffy or you know, and a lot of people I think are just like what is it? Like they don't quite understand what coaching is or they think people go to coaching because they.

Are like a desperate need of help or you know, like it's kind of like working with a center for teaching and learning like people think of it as like a Fixit Shop sometimes right? So how do you define coaching? Because I think like I recently got a question from someone and they're like is coaching for everyone like what what is it?

Like, who is it meant to help tell us a little about how you define it? Yes, so I think I Define it as coaching is anytime you work with somebody to get to someplace new and that doesn't mean someplace better it often means someplace different but the way that I like to explain it because I also get these coaching for me question.

All of the time is that it's not that what we're doing when I work with a client is anything magical? There's no. There's no special person that it's going to work for a hundred percent of the time and there's no special person that it's not going to work for but it is this kind of bringing in of an intentional Journey from where somebody is to someplace new that they would like support.

And for some people that support looks like I am in a really tough spot and I need some help because it's kind of dark where I am right now and I can't see a path forward and then for some people it's sort of like I've run out of Road in the path that I was walking and I'd like some support as I build a new road so that the metaphor is as different as my clients are but anytime you want to go someplace new.

I find that coaching is a great framework for thinking about that relationship between you somebody else and then this new thing that you want to experience your do. I love that one of my favorite coaching tools is metaphor. Like asking client I think about like what is a metaphor for where you are right now and then using that to build off of and kind of think of so, I mean the fact that you just kind of went there was like, I hope she that's such a thing that coaches do.

I'm curious Katie because part of how I felt like I understood the power of coaching was in being coached. Hmm and experiencing working with a couple different coaches both through my coaching training and then also through various times where I kind of employed a coach to help me ask a specific question or like you said kind of build a new Road in a different direction.

What has your experience been as a coaching client? Like have you been coached in the past? I have been grouped coached in the past and I would say that that has been really formative for me both and how I structure my coaching business and how I understand coaching. In that in the situations where I was and I had a coach in a group during my dissertation was probably the only time that I was formerly coached by anyone but what I loved about that particular relationship was that it wasn't just between me and the coach it was between me the coach and then a community as well.

So I think that that is really. Opened up the way that I understand. It is sort of something that doesn't just go in between two people or doesn't just go from the top to the bottom from like an expert to a learner but moves in many different directions in a more complicated ecosystem and I would say even when I do work with clients one-on-one and I do work with clients one-on-one.

I'm often thinking about them and myself is situated in communities to. So I have my own community of fellow coaches that I consult with and they have their own community of people that they work with and people that are in their lives. And so even when I'm working with individuals. I think about it in a much broader Network.

Hmm. Well, it's interesting because you and I both do group coaching models and one of the things that I've really that's really drawn me to group coaching is that there's kind of like I know you said earlier, there isn't really a magical thing, but I do feel like there's a magical thing with group coaching and that people get brought together.

Who need each other like they need to see other people in their situation and it's one thing for them to be coached individually and to feel like okay, so maybe I'm not crazy because I'm thinking this or that, you know wanting to do that, but when they are in a group coaching situation and they're hearing other people say the same things that they're worried about or ask the questions that they've been wanting to ask.

There's something magical about that. I think of bringing that Community together and building confidence through that because it's like, oh, I'm not alone. I'm not the only person who's feeling this way or who is questioning these things or trying to you know, you know find a path forward. What are your thoughts on that?

I mean, is this something you've experienced in your group coaching? Yes, and I think it's one of the things that is most important to me is that there is something like I think every coach kind of has touchstones and I think the first session one that I have is being able to as a coach. Mirror back with somebody is saying and sort of see them in the way that they're presenting themselves to me and having kind of an awareness that I'm only seeing this one facet of one person in any individual interaction, but there is something about a community where when.

There's a broader there's a broader like play table and people can start to see how certain parts of themselves match up with other people where this is kind of reflected in somebody else but that there's important differences to and I think that when there are more people in the conversation it lets more of people's facets come out.

Because they realized that they might have this in common with person a but this in common with person B, and that doesn't mean that they're not all walking the same path because obviously they are they're all in this group together, but it allows for more of that difference while still keeping sort of common touchstones for everybody.

Yes, yes to all of those things. I love the way you describe that. Okay. So because you do the individual coaching and you do the group coaching, I'm curious. What are the most important aspects of the coaching relationship to you? Because with the group coaching, it's not just you in the client. I mean, there's all these other kinds of relationships manage also are there certain things you've mentioned the word Touchstone.

I mean are there certain things that you think crossover between the individual and the group in terms of what you're looking for in those relationships? Are there certain things that feel? Special to one modality versus the other. Yes, so I would say that in any relationship whether it's group or individual.

The first important Touchstone that I have is that it's my job to facilitate and hold and structure the space which are three verbs. That means something different each one of those like they each have sort of a separate residence for me. So when I say facilitate I want to be there in order to take an active role.

In shaping conversations in bringing materials in in. Like I don't know how to do like I want to say facilitate again. Like I blood should be there not to have that conversation but to set up the boundaries and guidelines for it. I want to be able to hold space so that when people come and work with me, whether that's an individual or group settings that they feel like that this is time.

That's just for them or just for this group and that I'm going to do the work to make it. Special in a separate container from kind of outside outside pressures outside thinking and that is harder to do anyone who's ever tried to take care of themselves knows that it's really hard to hold that space for yourself.

So I'm honored to take that responsibility on and then I also think about it in terms of structuring. How can I make this so that we. As a group or we as a client and myself can move closer and inefficient and sensical and logical and well thought out way from where they are right now to where they want to be.

So whether it's sometimes that means bringing in specific tools. Sometimes it means reading materials, but it's up to me to structure that interactions so that the client gets to where they want to go. So this is something that I think is really interesting because sometimes so I lead writing groups as part of my group coaching and people will say are you going to kind of be a participant like in the writing groups?

Are you going to talk about your writing when we talk about our rating and part of I think the most important thing about these kinds of group coaching in particular? Is that you need someone to be outside of that? Like they can't really be a participant and be facilitating and be doing all these other things like you lose sight of the entire group when you're focused on your own stuff.

And so I think one of the most important aspects of a coach in those settings, which is kind of what you're describing is that you're not a participant. Like you are trying to manage all these other things and it's not for you. It's for them. It's for the clients and that is one of I think the most important parts of the coaching relationship is that you're centered on the client.

You're not thinking about you and and anything really about what you're gaining or not gaining from the particular situation. You're really just trying to make sure that everyone's goals are progressing and that their needs are being met. Right and I so much of my coaching framework is influenced by how I was sort of raised as a teacher and my own kind of pedagogy, but I feel very strongly when I'm stepping in front of a classroom.

It's not that I don't have a connection to the material. It's not that it's not important to me or that it's not bringing things up or thoughts, but my job isn't to stand on the stage and tell my students. Every thought that I've ever had about this material that we're working on together in our classroom.

It's my job to create an environment where they can get engagement that material and that doesn't mean it's shut off for me. It just means that my voice isn't the most important one in the room. At least in the way that those classrooms are set up and I think that's very much how I approach coaching, but it's not that these things don't impact me.

It's that that impact is so much less important than my primary goal which is to hold that space for this client to work through that material or this client to Think Through what's coming up for them? Hmm. So you had mentioned using tools and structures. And then also we know that a huge Foundation of coaching is questions that you're asking to problem.

I'm wondering if you have some favorite coaching questions or tools things that you kind of come back to, you know, there's certain things. I find myself returning to again again, like certain questions that I just think are really good and that always seem to get something, you know productive out of a conversation but tools to I think we all have our favorites.

Can you tell us a little bit about what you like to use? Yes. Well, I would say that questions are my favorite tool. I love questions and I think about different kinds of questions in different settings. So I'm a really big fan of the tool notice worksheet mostly because I love worksheets but also because I think that one of the real pressure points in a coaching situation is that not everybody is going to be able to come up with.

An answer to a really hard question that touches kind of like sticky parts of whatever they're working on in the moment. Some people can but definitely not everybody can and definitely not everybody can in every situation. So I think a lot about what kind of questions am I going to use in? In a one-on-one service like real-time session.

What kind of questions are going to be my going to use in something that a client can work through kind of on their own time and really sit with and what are the differences between those so I would say that like my in the person like I always have a question. Like, how are you and I were you know, what's coming up for you today or how is your day going?

Like I have a whole stable of kind of like Icebreaker questions. And then I also have questions that are kind of like template questions. Like if it client were to say something interesting. I might say, you know, this struck out is a verb that you've never used before tell me a little bit more about what it means to thrive in this context or you know, I think another one of my stock questions is what about X situation energizes you and what about it drains you.

I'm thinking about things in terms of that Spectrum. And the more complex the questioned the more I like to either leave explicit space in a conversation for a client to kind of gather their thoughts and think through it or to use it or shift it to something that they can do kind of on their own time.

So Katie you already mentioned that you have this coaching business and I would love to hear a little bit more about that. I think that there are people who kind of use coaching as a tool in their business. And then our other people also people who have kind of a coaching business and that's kind of the primary thing.

They do. Can you talk a little bit about how coaching fits in to your business model and what kinds of coaching you're currently offering? I think that's kind of the fun thing about coaching to as you can come up with all these different offers and angles. So what are you doing right now with cocaine in your.

Yeah, so I would say that I'm sure one of the topics that comes up for every coach is kind of who is your client? Who is your client base? And I made a really explicit decision like. I'm really stuck my flag in that I was going to work with graduate students, which is important. It's a group that I felt like I had familiarity with it felt like II had tools that were helpful.

I felt like I had enough space and distance through my own experience as a graduate student to kind of show up in a different role in that same space, but my client base does not have. The same access to financial resources that they even like postdocs do or early career faculty or tenure-track faculty.

So there's this tension in my business all the time where I think that different coaching modalities, whether its individual coaching or group coaching or kind of a webinar or course that people work through those are all under the umbrella of coaching for me, but I am. Always moving things around to try and figure out how I can make the most impact for the most amount of people at a price point that still fair to me and helps my business survive and is inclusive because what I would need to coach if my business were exclusively individual coaching in order for that Financial picture to work out.

I would need to charge a lot more than I feel comfortable within my specific client market. So I am constantly thinking about what this work is a group with this work is of course could this be a Zine? Could this be a worksheet? Is this a blog post to really kind of think carefully about inclusivity and price?

This is huge and one. I think it's also one of the really interesting things about coaching is how you can take it into all these different mediums, you know, like it's not just a one-on-one relationship or a group coaching relationship. You can bring a flavor of coaching. To how you present information on your website to worksheets.

Like you said most recently I've been thinking about how do I keynote as a coach like to show up as an expert in a space and hold space as a coach in that it's tough to kind of. Think about the tensions like you said between you know these different things I'm curious are there ways that you think that you're bringing coaching in kind of distinct or unique ways to your audience.

And what does that look like? Yes, I think that for me. There is one only needs to spend 42 seconds on academic Twitter. So note that there are a thousand blogs and a thousand different people who are showing up and really important ways to share. This is a system that worked for me. This is how I get my writing done.

And I think that what specifically coach like about how I show up in those spaces. It's not that I don't give advice about how to structure your writing day. And it's not that I don't work with clients one-on-one about how to be more productive or how to be more efficient or how to balance things.

But there's a foundation of self-evaluation and values work underneath so many of my tools that sometimes it's a simple and a tweet is being like your mileage may vary this particular tip that I'm talking about and sometimes it's as intense as. Here's a set of worksheets where I don't even really get to the content until you know, three or four worksheets in and we really drill down about what's important to you or what are the values that you're bringing to say your 2019 planning.

So I would say that the coaching part of what I'm doing is often encouraging explicit self-reflection and values work to figure out if any one of these tools that people are talking about is actually a good fit for what you want and the specific moment that personalization is so important and it's hard to do that on Twitter.

Yeah. It's really hard. So you had mentioned that you work primarily with graduate students. I'm curious if you can talk about who is your ideal client like who is the client that you are like you are ready for coaching like you because I sometimes I have people come to me and they say I'm not sure I'm ready.

Like how do I know if this is going to be the right time if this is going to be the right? Time for me to move forward but also like time for me to make a financial investment in myself and oftentimes is an investment in oneself because it's not really about giving your money to another person.

It's about giving the money to the progress towards your goals that you're trying to make and it can be hard to decide if you're ready to do that or if you think your goal is the right goal. How do you know who your ideal client is? Oh gosh, well. I think that. It really helps to be explicit about who your ideal client is and if there was one mistake that mistake if there's one thing that I really had to grow into.

As a coach it was being able to be specific about who my ideal client was because so much of my coaching background rest on my teaching background. You don't really get to have an ideal student. I mean you can that's a whole different set of questions about what it means to design a classroom or not around an ideal student.

But as a coach, I have quite a bit more control over who I choose to work with and who is even attracted to the services based on how I pitch them or how I write about them or how I designed them. So I would say that the only real condition for somebody to work with me and the only time I've ever really sort of said I'm not sure that this is going to be a good fit to a potential client is when people were explicitly resistant to the type of self-aware questioning that is in any one of my free consultation calls.

So if I ask you know, what about. What about you the way that your day is set up right now is not helping you get your goals done and if they can't. Be aware enough to see their own behavior in the context of this could be explicitly blocking me moving forward that I know that they're not really ready.

But other than that, there's no specific moment other than if you're ready to move forward and ready to do it. In a way, that could be unexpected. That I think already because often when my client sit down and say, you know, I really like to work on getting my dissertation written in the next six months.

We do talk about writing their dissertation, but it often ends up being much more around. How do we structure your life? So that that goal makes sense and how. How willing are you to look at the other pieces of the puzzle that might not seem connected to this thing called dissertation writing but a hundred percent are like or self-care or eating or.

Partner stuff there's all kinds of things. Hmm. Well, I think this you brace such a good point, which is you don't know what will come out of coaching and I also work with dissertation writers and a lot of academic writers and one of the things that happens is they'll say I'm ready to write my dissertation.

It needs to be done in three months. I want to be finished, you know, like they have these really ambitious goals and then through coaching they realize that was too ambitious. It's not helping their Wellness. They really need to expand their goal to have more time because they're killing themselves to get it done.

And that is not why they came to coaching. They came to coaching to get it done and then out of coaching. They realize they need a more balanced approach. And so those kinds of things are not always expected and and are not in some ways or kind of antithetical to the original goal that they came in with but through a kind of growing awareness of themselves and their context they choose to go in a different direction.

So that's why. Sometimes in consultation calls. I have somebody asked me like, you know, how many people have you graduated or how many people have you graduated on time? And I'm happy to give those stats but I'm always giving them with the condition that sometimes the outcome that's most ideal for this client was that they left their dissertation program because it a hundred percent wasn't in alignment and there are some people who it is an amazing outcome for me and that client that they took a leave of absence.

In order to kind of restructure things or they maybe they really did push through for the three months just to get out of there and really jettison some of the academic regalia around what it means to finish. So it's really hard for me when people are expecting that success in coaching looks like this very specific outcome to kind of gently nudge there.

Perception of what this relationship can be. Hmm. David outcome can be as unique as the situation. Hmm. So can you mention self-care and this is something I know you feel strongly about for yourself and for your clients. I'm wondering if you can talk about how you practice self-care and what kind of impact it has on you as a coach.

Yeah, so I would say that. Self-care is really important. For coaches in the same way that it's really important for anybody who is a caretaker more. Generally it took me a long time to realize that taking care of myself was part of my business and not something that was outside of it and. I remember watching a Grey's Anatomy episode which is a hundred percent where a lot of my insight comes from sometimes.

I'm watching some other show and I'm like, oh this is really good and they were talking about as doctors that feeling where you completely snap into the interaction that you're having with a patient then only afterwards do you realize that it took a lot of energy from you or that you really need to kind of take some space?

And I was noticing that I wasn't struggling in specific sessions. You know, I was focused I was there I was with a client but afterwards I was completely depleted and I wasn't doing a lot to refill my own cup energetically speaking. So I did a couple of things professionally to start helping with that and by professional self-care.

I started blocking off Wednesday afternoon. From noon until 5:00 and I use that time explicitly for professional development. And sometimes that means that I take a nap because I'm too tired to write a blog post. But sometimes it means that I pick up and I read books that are useful for me and I know I'm not going to get you at any other point in the week or I'm investigating a new tool for coaching or I'm kind of getting through all of the rest of those nuts and bolts that my.

Business needs to thrive and that I need is a coach to thrive but. They fall lower on my priority list day-to-day, but it's also really important self-care wise for me to be using some of the same coaching tools that I'm using on myself. Like I'm the queen of writing on Twitter that I think everybody should be drinking water and going to exercise and getting eight hours of sleep a night as I'm working at my desk at 11 p.m.

To finish all these tweets, you know, pounding coffee and feeling bad about it. So I tried really hard to use my tools on myself first. So that I can that show up in an honest way with clients and say look it's really hard to drink enough water. Especially when coffee does something better to your brain.

Here's why here's what I use to help. What can we do to help kind of circumvent that because if you're not willing to look at the places where you can use the same tools yourself, I think it creates a divide. That's not useful. I do think to there is a such an important aspect now that we're all well not all but most of us are on social media, you know, like if you're a coach and you're out there and you're sharing your life and your clients could see it.

There is an aspect of modeling and kind of practicing what you're preaching so that when you do come into that coaching relationship, they have a sense of what they're getting. They see a sense of honesty and genuineness and authenticity around like I preach a lot about creativity and and and tools that and the importance of it.

And my client see me taking creative Retreats. They say me Amy doing things or creative on a pretty regular basis and part of it is kind of that tension between expertise and you know knowledge and the coaching relationship in which you're trying to develop your clients self-knowledge self expertise, but I'm curious what you think about that because I know you're on social.

I know you're sharing things. That balance of like modeling sharing who you are as a coach and then how you show up for your clients in their sessions, right? I remember having a really important conversation with a colleague of mine actually and she said look like she's is this is what I learned being your friend in real life, you know, sitting face-to-face in this coffee shop that I wouldn't have gotten from your Twitter or Instagram was sure she spaces that I tend to be.

Pretty open and she was like I look at all of those things and I feel hundred percent that I have an authentic view into your life, which is important to me and she's like, it's one of the reasons that I'm drawn to you and social medias. That's one of the reasons that we built this friendship in the first place.

But then here in this coffee shop seeing you as a whole person. I realized that you can be authentic in the parts of yourself that you're willing to share and then also have other things going on that are individual with a specific. You know for your family or for your partner and I think I think a lot about what things I'm really willing to work on in public in terms of sharing my own struggles sharing what things are working for me going through the kind of ups and downs and being open about that and there are certain areas in my life that I'm a hundred percent not willing to do them in public and they don't think that that makes me an authentic if you could just means I have found her.

And so I think as a coach when you start to build your persona and your brand and you think about what's going to draw people to work with you specifically being really explicit with yourself about what it means to be authentic in those areas. I'm showing up in the way that feels right to you and in alignment with you and then also knowing that you're allowed to have some things that you don't have to do in public.

So I'm curious Katie mentioned talked about self care and professional development and I love that you're cutting out time for this in your week. I'm curious if there are areas of coaching that right. Now you're wanting to learn more about or you're trying to develop something deeper with or you have questions, you know in your own kind of training or just wrote your reading, you know, what are those areas where you're like, I want to dig deeper into that.

Right? I think that I am always trying to dig deeper into mindfulness and thinking about ways to coach around. The way we think the way we feel that are distinct and separate from therapy or medical care. Because I think they're two different modalities that have two different uses and mindfulness.

That's at kind of an interesting intersection between spiritual practice, you know, Medical Practice personal habit that are that are tricky but in an interesting way that I like to chew on I also am. Thinking more about as I started to coach in the beginning of my career. I did not feel comfortable working with people around things that weren't their academic life.

And as I gained more and more of a footing in my own professional career as a coach, I feel myself expanding into some areas that a hundred percent impact The Graduate School experience, but might not be something that would come up in an advisor appointment. So whether that means working through self-care or doing kind of future career planning or career transitions, I'm thinking a lot about how to support people.

Through the rest of their whole life stuff. Even without an academic lens. Mmm. I'm curious Katie, you know, we all have our coaching sessions where we're like that didn't really turn out the way I was hoping or you know, maybe we don't achieve the goal of the client in the session or it just goes off into a different realm and you leave the session kind of maybe not feeling super satisfied.

I mean, I think we all have those sessions where we like. That was exactly what that person needed, you know like and we can like feel it and we know they got with their where they wanted the that can't happen a hundred percent of the time. What do you do or you know, what are some things that you what is kind of yourself talk a hundred percent comes from my teaching practice that I was a teacher.

That was very explicit about things. I didn't know things. I wanted to Circle back on because. I tend to speak pretty off the cuff. I don't have a ton of prepared lectures a lot of my classroom active classroom things are built on like activities and formative assessment and a lot of activity in the room and very little content recitation.

So often I would say to my students. I don't know the answer to that. Or I would use this technique that I love called a mud. He's points where every one of my students would have a notecard and they'd have to fill out. You know, this was a question that I didn't understand or this is something that I didn't feel comfortable bringing up and I would read all of those and then are.

Bond to the class in an email and say, you know, I will get to this on Tuesday or I understand that four or five people were confused about this idea. Here's a better definition. Here's a video that shows again this other thing that we talked about, but it gave me a chance to catch my breath and respond more thoughtfully.

Instead of feeling. Like I always said to do it on my feet and I have taken that into my coaching practice. So when I have a session that ends I write up session notes and then I send those to my client and then I also have private session notes where I say, you know, this is how I feel like it went these are some questions and then I do go back at the end of every month.

And kind of say okay in score of my sessions this month. I had a question about how not to respond to this or four of the times. I felt like I use this word and I really shouldn't have and I I do try and open up other ways of communicating with my client that they can share with me things that aren't working for them either.

So whether that means an evaluation form or an email check-in. I try and build in conversation isn't necessarily in the face-to-face session so that people can help we can help each other. Course, correct if we need to hmm, okay, as we're wrapping up Katie any favorite coaching resources books podcasts things that you are turning to right now or that in the past.

You have found to be helpful for your practice. Yeah, so I'm looking up at my bookshelf right now because I think there's a lot of books that are really useful. I love unsurprisingly a variety of books that are not coaching base, but are about pedagogy. So I am looking up. There's a book called How learning works that's written by a group of people that came out of the Carnegie Mellon University teaching Center and instead.

Brazilian additions and it's great but I like thinking about explicitly about how to structure coaching as a learning experience for my client one that I might not necessarily have the answers, but we can set up an experience in an environment where they can learn in a supported way. I don't listen to a lot of podcasts about this I listen to a lot of podcasts about astrology and other kinds of strange things.

But I do also keep an eye on the most popular like personal development books at my library and I'm constantly kind of grabbing off of that new releases shelf things to kind of quickly skim through I just read a book about Atomic habits. That was really useful. But I'm also not afraid to kind of skim through things and quickly move past them if they're not what I thought they were.

Hmm. Well, we will definitely link to a couple of those things in the show notes. So people can check them out. I think Atomic habits. Is that James Clear? Yes. Yes his recent book. I've heard amazing things about that and also love how learning works as well. So we will link to not for people who want to check out.

He I am really looking forward to. Coaching you and being coached by you this season. I think it's going to be really fun to Showcase some different styles and to dig into some different topics and I hope our listeners really enjoy it. Thank you so much for offering this introduction into how you coach and some of the methods that you're using and really liking with your clients.

Absolutely so excited. Thanks for listening to this episode of Coach to coach for any resources mentioned in the episode. Check out the episode show notes at dr. Katie lynda.com coach. If you found this episode to be helpful, please take a moment to rate or review the show in apple podcasts or recommends episode to a friend or colleague.

Thanks for listening.