**YGT episode 162**

You're listening to you've got this episode 162. 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 doctor Katie Linder. On this episode. I am so excited to share with you about a new project that is releasing this week and depending on what it is approved by iTunes.

You will be able to find it in your feed either today or in the next couple of days, but you can also listen to it on my website. And I will tell you how to find it there. But this is a new podcast that I decided to create. It is part of the reason why I pulled back on some of the other podcast that I was doing this year because I wanted to create some room to do this new show.

And if you've been to my new website, you have seen maybe some information about it. I haven't been hiding it necessarily but it is now ready to launch and it is called coach to coach and you may be asking why another podcast and definitely this has a lot to do with. The coach training that I'm going to be launching.

You can also find information about that on my website as well. And I really wanted a podcast that was devoted to talking about what coaching is and giving people a glimpse into what coaching is and when I looked around especially in the higher ed space I wasn't seeing it and as you know, I often will create things if they were things that I wish I had had and didn't find.

So this is a seasonal show. It is one that will be released in seasons. And there may be kind of short breaks in between each season depending on my recording schedule and it has kind of a different structure. So let me tell you a little bit about that. So one of the things that I think is often kind of interesting to people when it comes to coaching is what our sessions actually like and I often get this question.

What I do exploration calls with people who are just getting started and there are thinking about hiring me as a coach and they will say well I don't what do we even do? Like, what are the sessions like and I feel like this is one of those things that if you haven't been coached before. Or maybe even if you have been coached before you may not have been exposed to different kinds of coaches and how they run their sessions.

And so what I thought it would be kind of fun is to actually have some live coaching on the podcast where you could get a chance to hear what different coaches are like when they when they coach you. So the way that I set up the structure of the show is that it is an eight-episode season and in the first episode I introduce you to the guest coach.

So you get to hear a little bit about them if they have a coaching business or just kind of how their coaching in their lives and a little bit about kind of where they they began to coach, you know, if they've gone through certification or anything like that you'll hear about that and just kind of what are some of their philosophies around coaching so you get to know them a little bit in that first episode.

And then for the next six episodes in the season, I will Coach that person for for three of the episodes and then they will Coach me for three of the episodes and we'll alternate so in episode 2. I'll coach them in episode 3, they'll coach me and we'll go back and forth. For the next 6 episodes and what's kind of unique is that we are coaching each other on like real issues in our lives.

So you're going to hear us talk about you know, all kinds of different things that we actually want to be coached on and also because coaches are all a little bit different you're going to hear different tools and strategies and approaches of how those coaches are, you know approaching that particular client or that.

So then after those six coaching sessions back and forth the final episode of the season is going to be a little bit of a debrief. So we're going to record all of those seven episodes and then my guest coach will have a chance to listen to them and then we'll come back and record that eight debrief episode and we'll talk about not just.

The topics of what we talked about in those previous episodes. Maybe we'll do some updates on kind of how those coaching topics have gone in the meantime, but we're also going to be talking about the tools the techniques the strategies that were used within those different coaching sessions and also maybe even how we felt as a client at certain points in the coaching session.

So it'll be a little bit of kind of shop talk around the coaching in particular. So one of the cool things about this show and putting it together is that I get the benefit of being coached regularly by the people who I'm bringing on to the show, which is really fun and they get coached as well, which is I think always a kind of cool thing as a coach you often know the power of coaching you like being coached.

So that's kind of a fun. So I have been recording two seasons of the show at the same time because I wanted to have enough content to get me through the end of the year and then maybe into the early part of 2020. So the first season that's going to be releasing this week is with a doctor Katie peplum.

Who is a coach who. In working with graduate students and kind of focusing on their whole lives helping them to thrive when they are in graduate school and then for season two, I am working with someone I've known for years. Her name is Isabella Iqbal. She is a Canadian coach and I met her through my work in faculty development years ago.

We've been connected on social media for quite some time and she is also a wonderful coach who is currently in the process of going through some training and certification to become a certified coach. So I really do think that these episodes offer you kind of a peek behind the scenes. If you have never been coached before or you've been curious about what coaching is like you can listen in to what a coaching session sounds like so they're all roughly an hour because that is typically how long I coach a client for you will hear us often times in the beginning of an episode set an agenda.

Of what we want to be talking about what the objectives are for the session what would make it a successful session and then you'll hear the coach engage in a range of powerful questions to help that person kind of dig deeper into whatever the topic is of the session and then at the end of the session often to check in about how things went maybe setting up some accountability for homework items that have come out of that particular session.

Will you get a chance to see how a lot of different topics and strategies are approached over the course of one season and then of course you can compare the different seasons over time. Now I do have to say when I was creating the show. It was definitely in the back of my mind that I could potentially use some of this content for the coach training that I've put together because I do think that it's helpful to hear recordings of.

Other coaches and so I have definitely been thoughtful about that in my coaching techniques when I have been the coach to try to embed things that other people could ask questions about or could see examples of using certain kinds of strategies within the sessions and also, you know, I've been paying attention to things that people might.

Want to ask questions about there are definitely certain coaching techniques that I wouldn't recommend that people who are just starting out use but people who have been coaching for quite some time might leverage in a different way. And so the maturity of the coach also has a lot to do with the different kinds of choices that they might make within a session and so I wanted to Showcase that as well.

But my main purpose of this was really to try to educate people about the power of coaching and to try to demonstrate how over the course of even one session you can go from thinking one thing too. Exploring something entirely different and understanding how maybe one mindset you had around a particular topic or idea actually can shift pretty drastically in a relatively short period of time and also just your understanding of your goals and the things that you want to move forward in your life can also really shift and change based on just a series of questions and techniques and strategies that a coach might use.

So this is on a separate Channel this coach to coach podcast. You will have to go seek it out in your Apple podcasts or wherever it is that you are looking for your podcasts. One of the easiest ways I think to find my shows is just to search for my name either. Dr. Katie lender or Katie Linder and you should be able to find it you of course can also find it on my website.

So if you go to dr. Katie lynda.com backslash. Coach you will see information about the most recent episodes. There is just one that is going up this week. That is introducing Katie as my guest coach and then I will be releasing these on Fridays. So you will see them in the upcoming Friday's now because I'm traveling this week.

I'm releasing it a little. Early, so you will see the first episode for this Friday showing up as early as today and then for subsequent weeks they will come out on Fridays. So if you have an interested in coaching if you think this is something that you might be interested in doing as a profession or if you just want to know what it's like to be coached or if you're interested in any of the topics that we might be covering the season.

I think this could be a show for you. So just to give you a little bit of a heads up of some of the things we talked about. You'll hear me being coached around setting up my latest creative Retreat. You will hear both of us being coached about establishing new routines in our schedules that something that we both wanted to talk about this season.

Um, there's also some really fun stuff about what to do. When you feel like you're procrastinating at the end of projects. We get into some details about that and also about revisiting our values and how values can mature and shift how they look over time. That was a really powerful episode for me.

So I hope you enjoy it and check it out again. You can find it at dr. Katie. Lynda.com backslash coach, or you can try to find it on Apple podcasts or wherever you find your podcasts. Let me know what you think. You can always email me at hello a doctor Katie lynda.com. You can tweet to me at Katie double underscore lender.

You can connect with me on Instagram @ KT underscore lender where you can always write me a letter. Katie lender PO Box 1621 in Albany, Oregon nine seven three two one. Anyway, you contact me. 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.

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