**CC\_S3E6**

This episode of coach to coach is brought to you by my coach training program for academics and higher education professionals. I'll be the first to admit that I've never needed my coaching skills more than in this roller coaster of a year. And anchor for me during this time has been meeting with my coach, training participants each week to explore how we can hold space for clients, listen for things they care about most, and help them to achieve their goals through focused questioning activities and tools.

If you think that becoming a coach might be a fit for your professional development goals, you can learn more about the coach training program or sign up for a 30 minute Q and a session with me to ask all of your questions@drkatielinder.com backslash training. The next cohort starts June 20th and I'd love to have you join us.

Welcome to coach to coach a podcast dedicated to showcasing the power of coaching. I'm your host, dr Katie Linder, and I offer coaching to academics and higher education professionals to bring more ease to their lives and work. 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 guest and they'll coach me for the next six episodes and always on real topics and issues we're dealing with in our own lives.

Each season we'll 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 Kaitlin FOSS.

Caitlin is a certified weight and life coach who helps academics overcome their self sabotages of overeating and overdrinking. As a tenured psychology professor and department chair, she knows the unique demands of academic life. Now, onto the episode. Hi Caitlin. How are you? Great. Katie, how are you? I am doing well.

I thought it might be useful to give our listeners some context because of us. The timing of how we record these episodes. Um, so for folks who've been listening to this season, uh, we had released a bonus episode on coaching and co at 19 that came out before season three was released, and that episode was recorded right before we're recording this one.

So in the last episode you heard, which would have been episode five, we were kind of 19. We weren't really getting into. Everything that's been going on. And as we record this episode, it's early April. So Katelyn and I have had a bit of a break from recording and just wanted to kind of clue you into where we are in terms of the covert 19 situation, because you may hear that crop up in our conversation.

Um, because we are now well into that. Whereas before, when we were recording our coaching episodes, we were not. So I will kick it over to you, Katelyn, what are you wanting to focus on in today's coaching session? Yeah, I am interested in talking about this identity between entrepreneurship and academic identity and how it's been building on what we've already talked about with donut genius and, uh, core values.

And so I think it ties back the most to my core values of how do you manage growth and consistency. Like how do I manage them. In conjunction with roles I have of being an academic and an entrepreneur or business person. You know, like somebody who is growing my coaching practice, how navigating all of that I think will be really helpful to talk about out loud.

Okay. And what is making this particularly significant for you right now? Yeah. Uh, as my coaching practice grows, it's thinking about, Oh, where does this fit. It's just kind of keeps coming back up of where does this fit and where is this going and how can this business also support my family? Um, especially in the middle of Kobe, my husband was laid off and financial things have changed and, uh, like my business is evolving and so it's very front of mind of kind of, we've been doing this values work and zone of genius.

Where does identity fit in? And when you think about our time together today, what is something that would be helpful to walk away with at the end of that exploration? Hmm. Yes. I think a clear plot path or a reconciliation of, Oh yeah. Right. That's who I am. That's what I'm doing. Feeling rooted and right.

These two things go together and here's how,

so I'm wondering if right now they don't feel like they go together. The way that you framed that makes it seem like, you know, maybe they're feeling a little disconnected right now. Yeah, and it's not even probably now that I say this out loud. It's not entrepreneur versus academic. It's actually entrepreneur versus core values of.

Consistency and entrepreneurship seem like they don't go in the same sentence. Oh, interesting. Okay. What is the distinction you're making between those two things? It seems like to be an entrepreneur, you cannot rely on consistency the way that. I have in my academic identity, they do all tie together somehow, but in my academic identity, it's like, Oh, here's what's happening.

This is consistent and I get my paycheck consistently every month. And that will occur until the end of time or something. Except the super ironic part about that is it has actually drastically changed and. Covert 19 land of, uh, we are experiencing pay in a way we never have academically before and changes and things on the horizon.

So while it has been consistent so far, it still is viewed as that consistency is there. And if it's a core value to me, how do I. Have that show up as a business person where it seems like you can't consistently rely on income or generated in a similar type of way. Nobody's given me a paycheck in my coaching practice.

Right? Like I bring that in. It's, it's a very different language and mindset, I guess. What are the most important parts of consistency for you when you think about it as a core value?

That's a good question. Most important parts.

It almost like you saying that makes me want to say, wait, why do I value this again? Or I have always valued it

and I loved consistent growth. I thought those two really went well together except that, okay, let me say this. And we'll see how it complicates things. For example, this morning my husband said, you know, we were having a conversation. He said, you know, this is part of your pattern that you, in a very kind, loving way.

It was super helpful. I'll probably portray it like it's not, but it was like, you. Uh, over accelerate and like go all in and then you get kind of tired and you slow that. You think you need a break and then you slow down and then you like over accelerate again. And I was like, you're right. Here I am again, kind of feeling a little tired.

And it is on a quarterly chain right now because I did the same thing in January or late December when I was like, I'm embracing ease in 2020. And I was like, yes. And I'm being calm and centered. And then I'd say somewhere in February, March, and I was, had so many exciting things going on and I launched into some exciting projects and it was like, yeah, fuel on the fire or something.

And now I'm like, okay. So I'd like to embrace ease again. And so I said to my husband, like, um, you know, there's probably something about this of where you can drive the car without like at a steady speed. Without having to over accelerate, stop, start again. And then it made me think, is it that I like the idea of consistency and I don't, and I like try to get it or I don't know what the order is.

That's where I am. Okay. There's so many things in there, Kaitlin. Um, I'm excited to explore this with you. Um. One of the things I'm hearing is the difference between external consistency and internal consistency. And when you have framed it as a core value, that's like what you have control over. Like you're portraying consistency in your business, you're making consistent decisions, you're having discipline around things like exercise and other things you do the paycheck part.

Seems like it's coming in from the outside in some ways, like this is like someone else's consistency or certainty that they're providing for you. What would you say about the relationship between those two things? You know, like as a core value for you and how you portray certain things versus what you're asking to come into your life as something that's consistent?

Yeah, it makes me think, wait, that's not external. Like I create that. I even my academic paycheck, so to speak, like I created that. It's not like they just hand it to me like we're in control of this or something. You've done nothing to earn this. It's like, wait, I brought that on. That is internal. Hmm. So maybe it's not external.

I say, wait. Right. Okay. Different way to look at money in general, even though that's how it's always been internal or like, um, creation, creation of, that's always been true. I just forget that it's internal. What do you think is making you forget that. Hmm.

Hmm.

Is it easier to put, Al is like, Oh, well I don't get to decide and so then I don't have power and then I can't, uh, move forward. It's almost easier to put it out there or like keep it external of, well, here I am. Can't move forward. Maybe that you're being acted upon rather than doing the acting. Yeah.

What is the relationship for you between consistency and certainty? Hmm. That's interesting because I'm okay with lack of certainty. Except, okay, well maybe that's where the paycheck thing comes. Okay. We'll use that example. I'm like, so if you don't know that this is coming, like I could feel certain that this is happening, but I can't feel it over here.

I'm like saying this out loud, realizing, wait, what this is in my head. Uh, none of it was certain, and I can embrace that in a lot of areas of life. Like. Yeah. We thought we knew what was going to be happening in April, 2020 turns out, none of us knew. Got it. We don't have the certainty that we thought I, you know, I have a lot of clients or people around me that are confused about that kind of certainty.

And I'm like, Oh no, that's, yeah, I'm okay with that. But now when we say it about money, it's like, Oh, but I am not okay. When the certainty of money. This illusion that I've built up that it's there. I'm not okay when I'm like, but it's being taken away and keeping it external.

What emotions are rooted in that? Hmm. Fear.

And that's probably the main one.

What do you have control of when it comes to money?

Technically everything I can like see it, but it's, I'm on this cusp of believing it like some people in my life or have thoughts of. I print money, I create money, and I hear them say that and I'm like, Hmm. Right. I create money too. I'm like, Hmm, yes, true. But something in me is like, but only in certain circumstances, not all the time.

As if that's possible.

Yeah.

When you hear that inner voice of only in certain circumstances, like kind of hedging a little bit. Yeah. Where's that located? Is it in your head, your heart, or your gut? Ooh, head. I am not. I've recognized that I'm Addy non feeler, who's learning how to feel, feeling I can feel love. I can be a very hard thing or just body sensation, but a lot, most of the other feelings I've, they're all made up in my head right now.

What is the consequence of that? Too much thinking, not enough feeling or trusting. I thought this might come up related to this reading Glennon Doyle's untamed. Listening to her read it and she's talking about a knowing and the trust and like the, just when, you know, and I'm like, wait, I do know what that feels like when something's in front of me and I, and there's a decision to be made.

Or it's like, is this the right thing for me? It's like, yeah, I know what the right answer is. Even if I dance around it or get confused for awhile, it's like, no, there's a knowing there. Okay. I could feel that. What was your first, what was the question? What is the consequence of being too much in your head with your feelings?

Oh, right. Yeah. Too much thinking. Trying to solve a problem with thinking, but wearing myself out with thinking rather than recognizing it. Coming back to I'll know, or I can create. Money, right? Like I could, I'll fit. We'll figure out how to pay the bill. This has been a grounding thought, like we have always figured it out before.

Why wouldn't we figure it out in the future?

what does paying the bills represent for you right now?

Probably something I'm in charge of. What can I do right now? I can focus on that.

When you focus on that, what are you not focusing on?

Probably embracing ease of, it's going to be okay. There's a loop here of part of, okay. Part of what I can see is that my husband and I, we don't need to freak out about finances. Even with him being laid off, because here's what I tell myself, right? Because we did a lot of work a couple of years ago to manage our budget and to save.

It'd be purposeful. That's why we're in this situation now, and we like. I really do believe we're going to be okay and like we are going to figure this out and we know how to pay the bills or several months and all of that, but I get caught on, that's because of the work we did back then. So maybe there's work we should be doing now and I just haven't figured it out yet.

And then I'm going to create that for myself in the future. Like as a tangled web then of I did, I made all of this, but maybe I need to do something now for 2022.

What emotion are you seeking when you're doing that kind of mental work and trying to figure these things out? Mm. Mm. Probably certain certainty, right? We know what's happening. I know what October of 2020 looks like financially, and I know what January of 2021 looks like financially, March of 2021 like as if I need to, if I only knew then I'd be able to feel certain right now.

But now saying that out loud, that's backwards. What's backwards about it that I. I don't need to know that. I don't need to know what's happening then to feel certain. Now I could have thoughts that create the feeling of certainty right now. Well, yeah,

we all, we always do figure it out. I know what to do this month. There's the trap of like, but what am I going to do in future months? That's the like, okay, come back brain. We don't need to know because we definitely didn't know this time last year what was happening. We didn't know when we started down the budget train of like, why Y you know how that might be extremely helpful in the future.

So maybe we don't need to know right now.

Maybe we can keep doing what we're doing.

Like every time I closed down or every time I get to, I go back to fear. I don't come up with any new solutions. So how can we keep opening back up to possibilities here?

What do you need to stay open to possibilities?

Coming back to thoughts like that of like, wait, remember, openness helps, uh, trusting myself. Trusting. We'll figure this out.

Trusting that we'll know the next best step as it appears. Mmm.

And it doesn't have to be difficult,

I think is the piece of it.

It doesn't mean. We have to like work, work, work to figure this out. Okay.

What's making it difficult right now?

Then my tendency is to be like, so we're going to need to do more. Maybe I should work more to be able to cover future bills and like create more money now so that I can have that sense of security again.

Instead of trusting. It's like I can't let go of the like, but if I, but if I make more money right now, then that will make me feel better.

What does trust look like in times of uncertainty?

Hmm.

That's a good question. I'm trying to think of when that has happened, but think about like us even moving postgraduate school to this job and it was like, well, I'll find a job and if I don't, we have other options. Okay. And he'll find a job. Okay, we're moving like you're going to find something, you're going to figure this out,

and it did like we did. So it's like, okay. Right. Coming back to those types of thoughts of, okay, yeah, we always figure this out.

Especially if we say open.

Yeah. It's okay not to have certainty, but if I like consistency so much, the idea of it,

there was something related on my run this morning. Everything comes back to working out of the analogy or the parallel. Sometimes we need to slow down to speed up. I've been doing a lot of that work and on my run this morning, I'm using this new app where it guides me at every minute. She'll tell me to back off or speed up, and then I'm on little like meters and hold this whole timing thing and towards the end of the run today.

I knew it was the last stretch and I thought, Oh, this is going to be hard, but then it wasn't that bad. She kept telling me to back off and I was like, right, I'm not used to this kind of running. I always think that I need to run hard at the end. Like that's what makes a good run, and I thought it doesn't have to be that hard.

She's like, I'm following the plan and that's what I needed to do, which is one of my key words of like, I'm following the plan I already set out for myself. Come back to following the play at it doesn't mean it has to be hard at certain intervals. It does. It does, and it doesn't like sometimes there's push times or like sometimes there's the sprint

but it never lasts that long.

What's the plan you need to follow right now?

That's where I'm like, Ooh, I have a plan. I want a plan. Could I have a plan? I thought I had a plan. I do this all the time though. Hmm

I do have a plan. It's simpler than I think, and it does involve slowing down.

More than I want to believe. Sometimes growth, if growth and consistency are core values. It's like, but sometimes growth is in those little moments or in the like you can't tell the tree is growing, but it is. Or the two lips have just come out in my yard today. And I was like, Oh. I kept saying all week like I think today's the day.

I think today's the day I was off, but now like today's the day and all of a sudden it just completely opened up and. That's how two lips work. That's how this is probably going to work too, and it does keep happening. If I look back on quarter one of 2020 that even happened. It was like, and here's an opportunity.

Just take it cause I know it's right for me. Do it. Quarter two the same thing's going to happen even in covert 19 land. Who do you need to be to execute on that plan?

Well rested, calm,

grounded, not over accelerating too early. That would be like if the car, I'm trying to pass, push the gas pedal, like could we go now? It's like, no, it's not a time to go. Oh, that's probably what I need to remember. It's not a time to go. I would know if it was a time to go time to like. Actually accelerate

what are the signs that tell you it's time to go?

An opportunity arises and I'm all in and I just know, I'm like, yeah, you want me to go do that thing, or somebody has this option for me, or there's this project to work on and I know I'm like, yep. That's exactly what I want to be doing. It's having enough space to, this is the other part of slowing down that I run a resist a little bit of, I don't want to back off on my schedule, but maybe if I recreate some space again, just like I did in December, January, it'll be like, Oh, see now you really can go do that thing.

Okay. Whatever it is. Okay.

What are you trying to draw into you right now? Hmm? What do you mean? Draw into like a tract or bring your direction? Hm.

creative opportunities maybe. Like, I don't quite know what this could look like.

We're starting to see, you know, like maybe there are options for him not to go back to work, uh, in a traditional way. Like we've always been. People are, yeah, we've just always had this, okay, now you gotta go work full time. That's how we do all this. And it's like, Hmm, maybe that doesn't have to happen here.

It seems to run into consistency though. I'm like, no, but the safe thing here to do, or the consistent piece would be like you go back to work full time like other people, but I was thinking about this. This is kind of like with the entrepreneurial piece, it's like when I wanted to get my PhD and no one I knew had done it.

A lot of people in my life were like, that's weird. Why would you go move to do something like that? Are you sure you want to do this? And I was like, yes, I do want to do this. It's not, and I could only grasp onto, it's not that weird because I know other people do it, and I think I'm at a similar stage with the entrepreneurial piece of, no, no, no, no.

I know other people do this too. They bring another income. And their partners don't have to work and in like a traditional sense and there are other creative ways to do this. Other people are out there who do it. That's like the bridge I'm on right now, so maybe it's possible for us to,

you slipped a important word in there, safety and whether or not this feels like the safe option. What is the relationship for you between consistency and safety? Yeah. That's why I questioned the value of it, because this feels like a leap moment of make the leap gala like trust that you don't have to have the ground underneath of you.

Okay. To be able to make this happen. So if that's true. I'm like, but consistency would have it seem like you could keep going down the path that you could, that it would be linear maybe. Right? Yeah. Something about consistency. How I've been defining it doesn't work here.

I don't know why.

if you have a series of disruptions, would that be consistent? Hm. A series of disruptions? Yeah. If you looked at the series, maybe it's being in the thick of it. I can't see the picture of how this is actually going to be consistent in the future. Like this time next year, being able to say, Oh, that's how that worked out with hindsight.

Right. Maybe this is just the first time of many. Yeah. Yeah.

so I can settle into that. This does have a sense of consistency to it, of disruption, growth. Like here's the next chance to grow.

These aren't predictable when they emerge until you look back on them.

Does consistency always have to be predictable?

No, I just want it to be, it never is though, which is the part of the like, I think I like predictability, but then that's really boring. Like my gratitude for this not being the April that it was supposed to be. I mean, I liked the idea of what April looked like, but on the other hand, I'm like, this is nice that this isn't predictable for me personally.

Uh, April is often a time within the university context. There might be banquets or things I'm sitting at, or extra meetings, or, you know, we just feel extra busy in April. April's if you graduate, you know, if you're headed towards graduation in may, structured semester structure, and it's like, okay, here would have been another April.

And so this is one of those Aprils of, wow, they will. This isn't one of those Aprils and I'm grateful for the opportunity to recognize that.

So our listeners can't see, but various points throughout this conversation. Caitlin, you've made a grasping motion with your hand. I feel like you're really grasping onto something here. You're trying to like hold on really tightly. What is that? What are you really trying to grasp onto here and what do you maybe need to loosen your grip on?

Yeah, it's like me closing down like that. I know where this is headed.

I don't know where it's headed

and that's okay. Yeah. Yeah. The grasping of just like, wait, can I have something to hang on to? Just some sure footing.

And the older I get, the more it seems like they're steady footing. But when I was 20 there was like no steady footing of where things were headed. I think that's part of what's hard about being 20

so it's a reminder of, I've been here before. I didn't know where things were going. What makes it harder for you now?

Seemed like I knew where things were going. And I didn't,

but I never have. It was an illusion. It was just an illusion.

and that's okay. I didn't, yeah,

I thought I had sure footing. And maybe looking back like in a year I'll be like, look how steady that was or how clear it was, but that will only be having a bigger picture in mind.

what is the area of growth for you right now?

not pushing. Through or like pushing my way there, running myself into a wall. It's, it's, Oh man, I can't believe a quarter later. Great. It is the same lesson of a few. Embrace the ease. This will pay off. Like, I haven't done enough of these cycles to really believe it. I'm like, yeah, okay. Quarter one. That really worked out for me in such beautiful ways that I couldn't have even predicted.

So then it's like, okay, so now's the time to do that again. Here we are at another cycle, and I'm like, are you sure though, are could we go back to old, old patterns and push? Maybe that'd be safer. It's like, wait, no, this is just the next chance to embrace the ease again, to open up to it, to go look at the tulips.

Instead of thinking I need to obsess or overthink, it's another good chance to feel my feelings. That's keep that work just keeps staring me in the face like, are you ready yet? Would you like to feel some feelings? I'm like, maybe I could come over there and do some more thinking. Here's another chance.

Feel the feelings.

What is going to support you in this work right now? Hmm.

I think it's coming back to these types of thoughts that I could trust myself. It's like listening to this. Every time I'm able to open up instead of grasping, it's like I, sometimes I do it right now, I can't even catch it that I closed down and then I opened up and then I closed down and I opened up and I.

Like the awareness of that, like, Oh, here I am closed down again, open back up. That I could do that with intentionality of, that's the control I have of, I don't have to close down. I can open back up.

What are the strategies that help you to do that?

Keeping things simple. Okay. Having a plan of just like, okay, what am I doing this week? I'm doing these five things of like, whatever project I'm working on. Or if it's entrepreneur, you know, like earning more money. It's, okay. What, what do I need to do here? Serve my clients, show up and help people, uh, make offers to help people.

When I'm open and curious about that, that's when I do my best work. That's when I shine.

That's when all the joy and enthusiasm can be there. That's when I can be in my zone of genius.

you had been looking today for a reconciliation. What are you reconciling? Hmm.

Openness and closure. That is not these identities that it's like, Oh wait, these can both exist and I know how to do both of them. Open and close, open and close. And it's not as difficult as I think this is like needs to be pasted on my forehead right now. It's not as difficult as I think it has to be.

It's much simpler. It's embracing ease. What in your past training is serving you right now?

I mean, if I think about life coach school and my coach training, it's like this is ready to go. This is, why am I not like we've ended up before, why am I not curled up crying about this? Maybe even if I think about if this had happened five years ago, I would have been like, that's stress out and not able to function.

My husband being laid off kind of thing and now. It's like, no, I didn't have all the tools and this is go time like in a, I know exactly what to do and how to stay calm and how to show up and do my work and not run myself into walls.

That's a good question though, because if you ask academic training, I'm like, Hmm. I feel like a lot of that set me up for not having something to embrace right now because it. Created a false sense of predictability

or the clear path. There always was a clear path. It's like my academic identity is working against me in this sense or that, okay, maybe it helps with taking things slowly. So I think about entrepreneur versus academic. It's one goes, let's fall. Let's like think about all the details and all the possible angles of this before we make a decision.

When entrepreneur land me might look a little more, let's test things, let's go do something and see what we're, if it worked a week later.

What in your past training do you feel like you need to let go of

predictability

or sureness maybe of.

The version of confidence, but not, it's like giving, letting go of confidence in some ways, but embracing, trusting and knowing instead of just like a glib confidence or something. We know where higher education is going for the next 20 years or so. I was like, no, no, I don't need, I don't need that kind of confidence,

but trusting myself or, and maybe the academic pieces, Oh, well, this entrepreneur is like, trust yourself. You are what you have. An academic identity would be very trust the system or trust the institution to take care of you. People above you are going to make good decisions. I'm like, I w maybe we let a lot of that go of, I don't need them to guide me.

I feel like that's where I really big place I'm at right now. It's like I don't need that guidance. I don't need the president to be reassuring to me to feel reassured. I could do that myself. I'm just very like, I can do this myself mode.

What does it feel like to hear yourself say that out loud? What does it feel like to say it out loud? Good. Because it reminds me of, Oh yeah, I'm figuring this out. I'm not looking for the steps. I'm not like, I'm not looking for somebody else's steps. I'm figuring out my own steps. Figuring out my own path that's shedding the O.

Other people know what to do. This is my ongoing, like, Oh, right. I was following other people's paths before and I'm not anymore. I'm following my own path. This is what I want to do. This is what I signed up for. This is the growth I need right now. Trusting myself to follow my own path. Hmm. And what do you need to be rooted in that knowing

the trust or

knowing this is what I signed up for, like this is why I'm here. This is part of the growth. Part of it's painful because I'm like, I don't know what I'm doing, but that's exactly where I want to be. What am I going to do with consistency though? I forget. Did I say

Oh, that this is part of the simple plan, but it like it is going to be consistent because it's simple. It's not over complicated. That's where consistency comes into play here.

Stay by day. Here's the next best step. Here's the next best step. Here's time to rest. Because that also helps you grow.

Yeah.

How are you bringing consistency to an uncertain situation?

Still remembering what I can do about it. Like I can show up in a consistent way, even if things around me are uncertain, I still know who I'm going to be, and that's both the good and the bad of not even. I don't know if I want to say good and bad, but just like, here's when I'm having a good day. Here's like the day where I'm like, I don't really, I can't stand myself today.

Oh, you're coming along too, cause you are always here. Like both of those exist. I get to decide about how I show up today. That's what's consistent. It's like I'm the consistency. I'm the consistency through all of this. All of these different situations.

Yeah. I had forgotten led. I was going to stray. It's like, come back, Kayla, come back.

What are you learning, Caitlin? About. Your life's purpose right now.

First words that come to mind are like, lean in. This is it. This is what you signed up for. Uh, embrace it.

Even when it's uncomfortable, like you don't know where this is headed. It's like bigger universe. You don't know where this is headed, but I do. So just like calm down a little bit because I've got this handled, like trusting that there's a bigger picture here and I don't know all the details about it and that's okay.

I didn't know Kobe would 19 was happening, but look at all the things I did to actually prepare for it. Becoming a coach, financial stuff. All of that felt like it had a different purpose at the time, but now I see how helpful it is. It's like, Oh, right. That's also going to emerge in this situation for 2020 things I'm doing now.

Things that come up, things that feel right are going to be part of the path to getting into 2022.

When you think about yourself entering into 2021 the end of this calendar year,

what do you want that to look like.

Trusting the cycles that I know what that looks like. It's like, I don't even know, have to know what 2021 looks like anymore. And I keep letting go of that. I'll like start to go back to my old ways of plan, plan, plan, and I'm like, no, couldn't have planned for this April and couldn't have even planned for the things that happened to me in February in a good way.

And so keep trusting that will evolve. I don't have to have it perfectly planned out. It will keep evolving on the end. So the end of 2020 headed into 2021 looks like, yeah, here we are trusting ourselves, recognizing we're in a cycle of what to do and more aware of the open-close like, look, we closed down again, open back up.

less closure. And another way to think of it as like the analogy I've been liking is my dimmer for on dimmer switches. What are those called? Yeah, I guess the dimmer switch of a light and you can kind of turn up your light or turn it down or some people have it off that. Sometimes I like turn it down sometimes accidentally.

Sometimes on purpose. It's like, wait, wait, wait. All you have to do here is turn to the right and your light, your light shines back. Great for everybody to see. So like keep the light on, turn the light back on, and I, it's part of this in April, 2020 I know it's there. I know that I can turn it on, but I'm like, so, but I could also control the switch back and forth and I think by the end of 2020 I'm going to be like, ah, yeah, I know exactly how to turn that on whenever I want.

I just like walk into the room and I turned it on rather than. How does this light work?

Yeah. What are the benefits for you of having the light on? Then I get to shine and it shines the path for everybody else. Like, Hey, do you know that you can turn your own light on and yours is over there and you too have a dimmer switch? Let's work on turning yours on and showing you that you could turn it on.

All the answers are inside of you. I think is the other piece that's especially helpful as a coach too, for people of like, I don't have the answer for you. It's in you. We just got to on bail it. We just have to turn on your light switch, um, bit by bit and like unveil it to you. So then it gets exciting because it's like I turned mine on.

I know. Hey, I bet we could turn yours on too. I bet we could like light up the whole world. We could all have our lights on. If we all get good at this,

what internal answers are you seeing from our session today?

I do know the answers there inside of me. Every time I get stuck, it's because I've. Close down and convince myself there's something I'm missing. That's why like I'll go out searching like I'm missing something, I'm missing something. It's like, no, it's inside of me. I have all the puzzle pieces in front of me.

Puzzle pieces aren't over there. They're just in front of me and I'm putting them together in front of me. Right? This is like, Oh yeah, back to my puzzle. Now I have, I can have fun and put it together in a creative way. Rather than a searching, pushing myself through cobwebs, like what's happening here?

Looking forward externally. Yeah.

What else do you want to focus on today?

Hmm. I think it also just drops the barriers of. Thinking there's one way to be an entrepreneur, one way to be an academic. I know there's not one way to be an academic. I've already like, I'm immersed in that world, but it's like, Oh yeah, that's also true over here in entrepreneur land of that, I get to form it.

There's not one way to be. Some people are okay with, uh, like a $10,000 a month compared to a $2,000 a month. And I'll figure out if I'm one of those people. As, okay, I continue down this. Yeah,

but I don't have to know right now the decisions I'll be making in September of like, Oh, is this what this looks like, or is that okay? It's like, it'll all make sense. It'll keep evolving.

Especially if I listened to myself.

What are some helpful reminders for you to listen to yourself and to stay open

any time? Well, you know, okay, so it's something about the feelings. But I can't, like I'm on the grass or on the cusp of remembering, but I don't actively remember right now, but I am starting to catch it. So it's like when I'm frustrated, I can see it in my actions. Can't quite feel it in my body yet, but if I'm frustrated or acting out against my family of like they're getting my, what are you doing?

Let's make a plan for you, or you're driving me crazy kind of way. That it's like, wait, I've closed down in some way. This is a sign of closed down. Why?

So then it's okay. I can come back to myself more quickly.

It's also the bridge of, I don't know how to quite do this. On my own yet, but this is where coaching is really helpful. I don't even know if I have to do it by myself. Well, like self coaching has certainly evolved as I've, as I do my own coaching or I get coached and that looks like, Oh, I don't have to ask that question of that coach.

What I need to do is like try to answer it. What if I try to answer it and then am I really stuck? Oh, maybe not. Maybe I actually already had the answer. And so this is the next piece of it of so I don't have to be stuck as long and I don't have to wait for our next coaching session to figure it out.

that's going to evolve for sure. But even this session, I'm like, yeah, wait, why was I confused over the weekend? Oh, I, uh, I hadn't cleared it out for myself. I hadn't quite known the questions to ask.

there's probably some go to questions for myself to ask myself when. I think I'm stuck or I think I'm closed down.

Right. Well, it might even be talking out loud to myself, my first stepping stone, uh, because I could think this weekend I'd be like, why am I stuck here? Why am I closed down? Or why am I frustrated? This actually isn't about. Somebody in my house doing something. This is about me being frustrated about something or just closing down.

So if that's true, it was just kind of like, but why? But why? And why was not a question that was working there.

So question that would work would be, well, one is just being. Kind and open to kind of like, tell me what's going on, what are we stuck on?

Okay. What else did you ask me? Uh,

I think when's the, when is a time is really helpful for me to think about, like go back to the past, especially, so this works. For some people in another, and even in some situations that doesn't, but I have a whole history now of either success or times when something's gone well that I can rely on as, Oh yeah, I remember that.

Like even just this past quarter, I'm like, remember quarter one. I had forgotten that at the beginning of this call. So it's reminders like that of when was the time that you did open back up.

and what brings you back to the feelings work?

That's a really good question because I try to avoid it where right now it brings them back to feelings. Work is coaching and therapy and kind of forcing me to a last session with my therapist. I was like, so what's my homework? Because I'm going to try to avoid this before the next time I see you and.

Uh, I how I'm just so resist. It's like I know it's the answer, but I still want to resist the feelings because it's uncomfortable or it's just new. I generally like new things, but it's also like, Hmm, but it can't be that simple or. Do I have to? I'm in that stage. I'm like, do I have to be this? I know I have to, but I don't want to like temper tantrum about feelings right now.

Still still in April, even though this has been the ongoing, yes, I know it's there and I think the key is actually not even making a plan. This is like an unusual, I thought a plan would really work for this, but it's just like catching it in the moment. It's just. Wait, here's a feeling. Here's a feeling.

Just we'll do this work right now rather than trying to put it into boxes. That's what you know. Now we say that out loud. That's what drives me crazy about the feelings work. It's like, no, I would like to do this at 5:00 PM tonight and at 5:00 PM my brain's like, I got nothing. And I'm like, Hmm. But it's in these little moments that I, if I catch it, it's like, yeah.

Oh, here, do some feelings work right now.

Opening up to that.

It sounds pretty, it sounds consistent, right? It doesn't have to be the strict plan that I think it needs to be. Yeah. Funny. Where are you landing as we close our session today, Kaitlin, open Katie back on a clear like this was always about trusting myself, knowing myself, remembering the answers are inside of me.

This is a day by day thing. It's going to be revealed day by day. I don't know the master plan. That's okay. I can embrace ease and maybe April is a lot like January where it felt like I was dormant or resting or just like doing my thing and may will be one of those times when like in February when something emerged and I was like, yep, that's for me and all I have to do is wait for it.

It will clearly present itself to me.

Feel rooted in that. Okay. Well, as always, it is a privilege to coach you. Thanks for coaching me, Katie. Thanks for listening to this episode of coach to coach. For any resources mentioned in the episode, check out the episode, show notes@drkatielinder.com slash 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.