**YGT episode 197**

you're listening to, you've got this episode one 97. Welcome to you've got this a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day to day demands of an academic life. I'm your host, dr. Katie Linder on this episode, I want to talk a little bit about my plans for the summer and give you a little bit of a goal list of what I'm hoping to accomplish.

And this is something that I do most every summer. I feel like this summer, it's happening a little bit later than usual because June kind of snuck up on me and maybe this happened to you too, but now is the perfect time to be thinking about what do we want to accomplish over the summer months? And in a previous episode, I talked about projects versus life practices, and I've got a bunch of projects that I'm focusing on in these coming summer months that contribute in many ways to life practices.

Um, but I'm really excited to dive into some new learning experiences, some content creation. And, um, so I thought I would share that with you today and give you a chance to think about your own summer goals and what that looks like. So I'm going to kick it off with some business goals that I have for the summer.

And one of them has already completed, which is I launched blend by design on June one. And that was a big project that took place over the course of may. And it's my course that focuses on designing and teaching blended courses. And I'm super glad to have that launched and have had such a great response to it so far and really, um, enjoying supporting people as they design blended courses for the fall and beyond.

I also just launched the virtual writing group this past weekend. And that's going to be so fun to engage with a full group this summer. There are eight people in that group that I'm supporting and really looking forward to talking with them throughout the summer about their writing projects. And then this next weekend, I'm launching the second cohort of coach training participants.

And I opened this program every January and every June. And this is the first full year that I'm running it. So it's the June cohort time. And so far I am. Almost full. I've got like a couple slots left. So if you're listening to this in real time and you want to join us on June 20th, let me know. Um, because it's coming up fast, but it's really exciting to see that Phil, um, I'll be honest.

I wasn't sure what that would look like this summer, given everything else that's going on, but I'm super excited to support people as they join into thinking about their professional development with coach training. And then the other kinds of events that I'm working on this summer for the business is a few virtual writing retreats that I'll be hosting in the prolific community.

And one of those already happened in June and then we have another one in July and another one in August. So I'm really looking forward to supporting that. So in the business this summer, lots of client support, um, and I'll continue my regular individual coaching practice as well. And I have plenty of clients that are, that are happening in that space and really enjoying working with them.

So the other kind of theme, I think for this summer is the work that I've been doing around embodiment. And this is coming in a couple of different places. One of them is a course that I'm taking on sematic coaching, and that's basically a form of embodied coaching. And I started that in late April and it runs through August.

So it's basically kind of a thing. Spring into summer project to complete that. And that includes a range of different webinars and some also some kind of smaller practices that you do for homework. Um, and I've really been enjoying it because there's lots of different people presenting throughout the webinars.

So I feel like I'm getting some really diverse voices in terms of, um, the history of somatic coaching and also what are some current practices that are really tied in with, um, issues and topics around social justice around identity. And so all of that's been really interesting. I also in the next week or so I'm starting a yoga teacher training program.

And I briefly mentioned this on a previous episode, but this is a 200 hour program that runs through the end of September. So the bulk of it is going to happen over this summer. And, um, it's about four and a half. Hours of class a week and then a lot of practice on the side and quite a bit of reading and study.

So, um, I am super excited about that. I think that it's already, I've kind of been digging into the materials and it's really helping me to understand more about the anatomy piece of yoga, which is interesting and also a lot about the history. I had also mentioned in a previous podcast that I'm going to be paying a lot of attention to cultural appropriation, um, as I'm doing this study.

And so I have ordered a couple of materials that will help me to look into that as well. And then kind of along those lines, I'm also going to be keeping up my daily yoga practice. So this is something that I've been doing now, um, for, I would say 10 or 11 weeks at this point, and really enjoying that. Um, and I'm also starting to play around with just some different poses that as I've built up my strength over time, it's allowing me to do some more complex things.

So it's fun to kind of play and see what I can do now. Um, now there's a couple things I have on my goal list that are connected to other people. And so I'm not sure if they're going to happen or not. Um, but they're on my list and I'm hopeful that they will happen. And these are tied into some of the content creation I want to do this summer.

So I'd really like to record another season of coach to coach. And I'm still looking for my guest coach of who I might want to talk with. So once I find that person, um, hopefully I can keep on schedule and release another. Set of episodes for that in August. And then I'm also working with Sara Langworthy to record another season of make your way.

Now, this is something that's been delayed a couple of times, um, because we have had just all kinds of things happening as you know, and we kind of keep making plans to record and keep having to put it off. And so, um, I'm really hoping that this summer we'll be able to carve out the time to do that and get another season out for you all.

And then I would also love to redesign the coach training website this summer. And this is really to help me prepare for, um, the launch of enrollment for 2021. But also for accrediting the program, because there are certain website elements that I'm required to have. Um, when I apply for accreditation for the program and I haven't been able to do that yet, because it hasn't been running long enough and I need a graduating class of a certain amount.

And so that will happen in early 20, 21. But I feel like the summer is a really good time to dig into that, um, redesign. And I'd like to do it on its own domain name, which I've already purchased. And then we'll just link that from my website. So I'm looking forward to kind of diving in there and seeing what I can do.

Okay. So that's the content creation goals. And then I have just a couple more that I am putting in the fun category for this summer. One is to read more fun books and buy fun books. I need fiction books. Um, I've been reading a lot of nonfiction when it comes to, um, especially yoga study. But I really love novels, and I want to be digging back into that.

And I've spent the last couple of weekends on a bit of a fiction reading binge, just to kind of get myself back into that mode. And I had been behind on my good reads reading challenge. I can link to my profile in the show notes, if you want to connect with me there. And I had hoped to read 75 books this year, and I'm about.

Uh, I think the last time I checked, I had like 35 that I've read, so I'm on track. Um, but I think that the summer is going to be a really important time if I want to be able to hit that goal, um, in the rest of the calendar year. And also reading is just a great way for me to escape a little bit to rest my mind a little bit after doing a lot of cognitive or creative work.

So I'm looking forward to that. And then the last one that I put kind of in the fun category is we're in the process of trying to find someone who can help us to landscape our yard a little bit. Um, we had a sod installed and some grass seed put in, um, when. The house was first built. It was January and we couldn't really do anything with the yard at that point.

Um, but then a few weeks back, we had the sod and the seed done, and now we need to just do some other things with the yard. Um, we want to install some sprinklers and we want to, um, just add some smaller elements that make the yard look a little bit more cleaned up. So that's something we're currently in the process of talking with some folks about, we also need to install it.

Fence in our backyard. Um, so there's some things like that that, uh, I'm hoping will be kind of a summer project and that we can get that done in the coming weeks. So as you've been here for me this summer, it's a mix of kind of professional development with my business and personal development with things like embodiment and yoga.

Um, but then also just some creative work and some fun things that I'm trying to build in for the coming weeks. I'm also going to talk next week about my plans for restful July. And if you're new to the show, Um, you may not know that every July I take the month off from content creation, my regular content creation.

So I don't post new podcast episodes or new blog posts for that entire month to give myself a bit of a rest. But it often means I'm taking on other things during the month. Um, and I'm still kind of trying to decide what this is. This year's restful July is going to look like, and I'm leaning toward maybe it being a true restful July where I don't push other projects out, but we'll have to see.

So stay tuned for next week. When I talk a little bit more about my restful July plans. So I would love to hear, of course, if you have summer goals or projects that you're taking on this year and feel free to email me at hello at dr. Katie linder.com, you can also tweet to me at Katie double underscore Linder.

You can connect with me on Instagram at Katie underscore Linder. And I would just love to hear what you're up to this summer and what this looks like for you. Now I know for our friends on the other side of the world, this is not the summer months, but if you have projects that are coming up for you over this next season, I'd love to hear about that 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 linder.work/podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening.