**YGT episode 199**

You're listening to, you've got this episode one 99. 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. Mmm. In this episode, I thought I would offer a bit of a debrief as I normally do after I take a creative retreat or after I do a restful July experience.

And now that we are officially launched into August, I'm back to content creation. But I really, really enjoyed the month off in July. It is always something that is really rejuvenated for me. And it's just a good reminder. Yeah. That sometimes we need a break from even our most, um, kind of normal and consistent routines.

So for those of you who are hearing about this for the first time, uh, for the last. Couple of years, I've taken July off of content creation. And this has really been just to give myself a bit of a break and also check in about what I think about the content I'm creating. And is it still really aligned with what I'm interested in creating with my values?

Um, With my values as they tied to my business, you know, all of these kinds of things. And I'm one of those people who is, you know, pretty good with executive function. But one of the challenges of having high executive function is that sometimes you do things just because you say you're going to do them and you don't always.

Find the meaning behind those actions. And so taking the month off of content creation is really a way for me to kind of check back in with myself and make sure that I want to continue to blog and podcast in the ways that I've been doing that. So last year when I took this break, I ended up creating coach to coach and I ended up.

Uh, retiring a couple of my shows. So sometimes this results in changes this year, I'm, uh, kind of happy to say that I'm not planning to change much. Um, because I think that things are kind of headed in a direction that makes sense for me right now, in terms of content creation. But I did want to share what I did in the month of July, because when I take time off from blogging and podcasting, it does create some pockets of time in my schedule that I often devote to other kinds of creative tasks.

So the first thing that I did in July was I completed, um, what some people call it. CEO day. And this was the thing that was hosted by being bold, which I can link in the show notes. They have it CEO day kit, which I did not purchase, but they had this free event where you could go in all day and have a series of sessions around kind of goal setting values, really making sure that you feel aligned in your business, um, with kind of the core values that you're trying to communicate.

So I took a vacation day to walk through this program, but also think about my business tasks and goals for quarters three and four of the year, and start kind of thinking toward a 20, 21 plan. And this was also just a really good time to reconnect with what I'm trying to do in a bigger picture way.

Sometimes in my slow hustle program, we talk about the difference between working in your business and working on your business. Yes. And this was definitely a good example of working with. On my business where I can kind of think about it and kind of step back. Yeah. And look at things from a bigger picture perspective.

And this is something that I would try to do, you know, at least every quarter. Um, I haven't been able to do the creative retreats that I would normally do. I hope to implement those back into my schedule soon. Um, but because of everything going on with COVID-19 with my new job, I really haven't felt like I could do that.

So this was kind of a mini version of that for me. I also had hoped to outline some of my 20, 21 business services and programs through the CEO day. And I ended up just focusing really on the coach training program. And that was because my major creative task for restful July was completing a new coach training website.

So I don't know if you've checked this out on my, the old version on my website, but it was basically just a page on my website. Site and you could download a PDF document. You didn't have to submit an email or anything. It was just freely available, but the PDF document had the majority of the information about the coach training.

And, um, it was just basically a page. Like there, there wasn't a whole lot built out on my site, but I had reserved a domain name and I had eventually planned to build out that into its own kind of space in part, because I think that the coach training, there's just a lot of information that needs to be communicated to people who are interested in it.

Cause it's a, it's a big investment of time and finances and energy to go through coach training. So I felt like it needed some more space and there's also some requirements of what I need to put on the website, if it is accredited through the international coaching Federation. And I wanted to make sure all those things were getting checked off.

So I turned the page and PDF document of the old version into about 10 pages of a new website that is@higheredcoaches.com. I'll link to it in the show notes. If you want to take a look and what you're actually going to see on this site is the 2021 coach training calendar. So if you're interested in that, you can go check it out.

There's also ways to join a waiting list for coach training, to sign up for a Q and a session with me. If you want to check in, see if this is a good program for you. And hopefully there's just a lot of good information about, you know, the curriculum, the calendar. The structure so that you can really understand if this is a good fit for you.

So that was a pretty big job. I did that in like the first half of July and it felt so, so good to be able to check that off my list. And I had been wanting to do that before I, um, announced kind of 20, 21 enrollment, which will open up around October. And so this just felt great to get that checked off my list.

So that was a huge thing that I worked on, uh, in July. I also had wanted to record season four of coach to coach, which honestly I just didn't get to. I had a lot of other things I was trying to do. And I noticed that prolific had a writing retreat in early August. And I decided to shift my coach to coach recordings to that day, which actually, as you hear this.

I'm recording this episode on that day as well. So this is kind of a binge podcast recording day for me. Um, but that felt better to me because my weekends actually just got super full in July with a lot of client meetings. I'm writing a writing group, I'm running coach training on the weekends. So I just didn't have a lot of time to devote to podcasting at all.

And so I I'm able to set aside a couple of days in August and I'm really looking forward to that. The other things that I did in July, I really focused on a lot on my yoga teacher training program, which I've been working through. And I'm about halfway through at this point. So there's a lot of reading, a lot of, of videos and things for that program.

And I've been trying to stay about a week ahead so that I'm not feeling rushed as things come up, uh, in other parts of my life and work that I need to be focused on. So, um, that was something that I actually devoted quite a bit of time to in July, I did. Some reading on yoga. And of course I've been keeping up my own daily practice as well.

I think at this point, I'm well over a hundred days into that daily practice and continue to see just so much benefit from it. And then the last thing I did, um, in my restful July, which was so needed was I just read a lot. I read about a dozen books in July and I just enjoyed every moment. I mean, if I had, you know, a free evening where I wasn't coaching or doing other appointments, I was often reading.

Yeah. And I really just feel like summer reading is the best kind of reading I have found. Um, yes, some eBooks, like there's kind of this ebook section of my local library where you can see what other people are reading and you can see all the new books that are coming in. You can reserve books, put them on hold.

Um, and so I've really kind of gotten back into ebook reading. Now in part, this is because my partner and I are still pretty strict about what we're doing during this COVID period. And I don't really feel comfortable getting actual physical books from the library. So I've been doing eBooks instead, and they're incredible.

There are so many audio books, eBooks, things that are available. I would encourage you to check out your local library if you haven't yet. But I've also found that I just read more quickly when I'm reading eBooks, because in the Kindle app, you can scroll right. Um, instead of turning pages and I just find myself reading, you know, maybe 10 pages an hour or so faster than I normally would.

And it's just bumped up my reading quite a bit. So it's a nonfiction. I read some fiction. I got that for a couple like 800 page novels, which were really fun to just kind of dive deep into. I've been reading through Elizabeth, George, uh, her backlist. She's a mystery writer and just have really been enjoying, um, those books in the summer.

So I will link to good reads. If you want to come find me over there, you can see what I've been reading lately. And if you are on good reads, I'd love to the connect and see what is on your reading list as well. So now that we are out of July and into August, you know, there's definitely this transition period out of the restful July period and into the fall.

And August is kind of that transition month. I think. For a lot of us. Um, but it's also a really interesting month because, uh, in August, my campus is opening up again and, um, or planning to reopen to students within the next couple of weeks. And so I'm really just trying to keep my schedule as flexible as possible.

Um, so I can respond to anything that might come up. That's kind of urgent as it's related to COVID-19 response. So when I think about, you know, what I'm heading into with August, um, I'm really trying to keep things. Relaxed. I have a course that I'm wrapping up on somatic coaching, which I've really enjoyed over the summer.

Um, and I'm kind of glad to see that wrap up because there's just a lot of things coming in the fall. And it'll be harder to devote my time to kind of extra things. And I'm going to be wrapping up summer programming. The writing group is going to wrap up my coach training one Oh one course is going to wrap up in August.

So it really is kind of this transition month of starting to shift into the fall and the fall is my favorite season. So I'm just looking forward to heading into that. Having cooler days, a rain, maybe more snow, we've been getting these incredible summer storms. Here in Kansas that I've just loved watching out the window.

Um, lots of thunder, lots of lightning, lots of gorgeous sunsets because of the cloud formations. So it's just been a slower month, a slower time, really kind of turning inward, doing a lot of an input season where I'm taking in a lot of information and not necessarily creating a lot of information to share.

But I would imagine as I shift into the fall and then to the winter and early 20, 21, uh, input seasons are always followed by output seasons. So I'm looking forward to that as well. So I'm back returning to content creation. So excited to be connecting with you both. As readers of the blog and listeners of the podcast in the coming months.

And I'd really love to hear how your July went, what your August is shaping up to look like. What you're excited about. As we head into the fall months, you can always email me at hello at dr. Katie linder.com. You can tweet to me at Katie double underscore Linder, and you can always connect with me on Instagram at Katie underscore lender.

Any way 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.work/podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes.

Thanks for listening. Mmm.