**YGT episode 208**

You're listening to, you've got this episode 208. 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 share a little bit more with you about this virtual retreat offering that I have coming up a little bit later this year, I mentioned briefly in a couple other episodes that I've released because I was still thinking about it and I wasn't exactly sure what was going to be included.

I don't even think I had a name for it yet. But now I have a name and I have a way to sign up. And so I would share a little bit more about what is this, what goes into a virtual retreat? What are we going to be doing? And I want to share a little bit more in detail about the schedule. So you can see if this might be a fit for you.

As you're thinking about planning for 2021. So, um, first this is called deeply rooted, uh, as a virtual retreat name. And you may remember way back in the very beginning of 2020 that my word or phrase for the year was deeply rooted. Um, because I was moving, I was starting a new job. I really wanted to be rooting down into my values and thinking really.

Intentionally about that. And it just seemed like, yeah, really good way to wrap up this year with everything else that's been going on. There's been a lot of growth and change and some really challenging things also. But as we head into 2021 and start to really think about what do we want for this new year for ourselves?

I think it is important to stay kind of deeply rooted in the things that really center us and help us to prioritize the things that are important to us. So, let me share a little bit about what is included in this retreat. So this is, this is going to be a day and a half, and it's going to take place in mid December, and then I'm going to offer it a second time in early January.

And I think that this will help you too, if you're kind of thinking about mid December is the time that you want to start with goal setting and kind of prepping for the year. Um, you could definitely come kind of earlier to the earlier retreat. If you're someone who is like, I can't really start doing that until January hits, then you could come to the January retreat.

Um, sometimes we want to get through the holidays and really like close out the year before we come to a place where we can really keep planning for the future. So I've broken out this retreat into kind of 18 smaller segments because we're doing it. We're all on zoom and we need to be engaged. And I think it's really hard if you just have.

Like three hour sessions or something like that on zoom. I want to really break this up into smaller components so that you can kind of come to each thing, um, spend a relatively short amount of time working on that particular piece of your 20, 21 plan. Um, and there's also going to be a lot of breakouts, you know, paired work.

Discussion. Um, there's going to be some Q and a that's built in. So a lot of things that are really going to help to keep this with momentum, um, throughout this day and a half. So that was something that was really important to me. So we're going to start the retreat with an opening ceremony where we're going to come together and really set an intention for us individually about what the retreat is going to be for you.

And it will also give you a chance to connect with some of the other participants. Then we're going to do an activity that's really focused, basing on 2020 and doing it some kind of debriefing of the previous year. And I'm calling it gold stars and demerits. And if you listen to the happier podcast, this is gonna be, make a lot of sense to you, but it's basically what are the things that you are, you're giving yourself gold stars for from 2020.

And what are the things that maybe it didn't go so well, but you want to take some lessons away from, or maybe change as you're heading into the new year. Then we're going to do an activity that is focusing on what we know or feel certain about in 2021 and what is maybe unknown or uncertain. And we're going to kind of look ahead and try to figure out during a time with the pandemic and everything else.

That's been a little bit shaky for some of us to say the least, what is it that we can be kind of rooted in as we move into this new year. After we do those things. Um, on the first day, we're going to take a bit of a yoga break and I'm gonna, uh, walk people through a yin yoga experience. And if you've never done yoga, um, it's a very kind of restorative kind of yoga that allows you to sit in certain postures for three to five minutes each.

And it allows you to one kind of stretch out. You know, deeper tissues, but also focus on this concept of kind of sitting with discomfort and give you some time to kind of reflect and think about, are there certain areas that you want to be kind of actively releasing as we head into 2021? After that we're going to do 20, 21 visioning.

So we're going to start to think about if you are going to have like a word of the year or a phrase of the year that you want to be thinking about for 2021. So we're going to start to think about it and kind of a much bigger picture of what is, um, what is your kind of overall plan or intention for the year as you head into the new year?

After that we're going to look at values. And what are some of the guiding values and principles that you might have for the year that would impact some of your decisions or prioritizing. And this might sound a little bit familiar in terms of kind of the direction that we're taking here. I talked to recently on a different episode about.

Kind of the layers between values and tasks. And I'm basically walking people through that set of layered structures in the retreat. So we're going to go from values to practices, to goals, to projects, to tasks. And it's really going to allow you to go from kind of bigger picture to granular. When you think about what's happening in 2021.

So after values, we do go into life practices and we start to think about what are the life practices that you want to implement or prioritize in that coming year that are really going to help you to be your best self. And then we take another yoga break and do some restorative yoga. Now, somewhere in there there's also a break for a meal.

I can't remember exactly where I'm putting it in there, but the restorative yoga is going to be again, like very kind of quiet, reflective, allowing you to get some rest, um, and help to, um, open you up to kind of the, the rest of the day and to think about how do you want to be opening yourself to 2021. Uh, we end the day with a little bit of goal planning.

So focusing in on goals that you might have, that aren't going to align with the values and the life practices and the vision that you had, that you've kind of come up with in the earlier parts of the day. And then we're going to end the day with a little bit of Q and a and a little bit of a debrief.

So kind of bringing everything together, seeing if anyone has any final questions before we close the first day. So the first day runs pretty much all day. It's kind of a nine to five schedule. And then on the second day, it's nine to one. So it's a half day and it'll be, there'll be some opening words where we can kind of review what happened on the first day.

And then we'll start with a yin yoga experience. So we're going to do that again on the second day and have some different postures this time than what we did on the first day. And then we're really going to get into this concept of projects. So I want to walk people through having different project buckets and different categories of projects that you might think about for your year.

So that could be like projects you have or goals you have around. Finances or around physical and mental health or things related to your work, um, or writing or creativity. It could be lots of different kinds of things. And then we're going to actively work through different projects, ideas that you want to embed into your, and think about where those will fit.

What are they kinds of things that you really want to be focused on? Okay, then we're going to get into the granularity of your ideal day. So you can see how we're taking from like big picture, vision goals, practices, and kind of working our way down into like your days, your weeks. How is this actually gonna all happen?

Uh, as we start to get toward the end of the retreat, we're going to close with a meditation practice. That's really centered on hope in the new year. We'll have a final Q and a if in case there's other things that you want to be asking keen about related to planning or intentions goals, yoga, like basically, yeah.

Anything on your mind at that point. And then we'll have a closing ceremony. So those are some of the activities that we're going to do throughout the retreat. I'm really excited. It's going to be super fun, very reflective, very quiet. I think it's perfect for introverts. I think it's perfect for extroverts who are going to want to have some of that breakout time and that larger group discussion.

I'm also going to be building out some notion templates for people who come to the retreat that they can use to have kind of planning templates to record and document different values and goals for the coming year. So I think that'll be really fun. Of course, I'm going to throw in some bonus worksheets and things from different workshops and other kinds of events that I've done over the years related to planning that I think will allow you to go even deeper on your own with some of the things that you're going to want to be doing after the retreat as well.

So I've got to drop a link to the retreat website, if you want to check it out. But it's at dr. Katie linder.com backslash rooted. Um, and I think that this is something that, um, is going to fit a lot of people. I I'm hopeful that it's, uh, a good fit for a lot of different kinds of people who might want to do some planning, a couple of things to know.

Um, and that I already have gotten some questions about. Do you need to know anything about yoga to participate in this? And I've intentionally designed the yoga sequences for this retreat. Um, to really be more on the beginner side, but because they're in and restorative, I think one can walk away with something from these.

Um, if you're kind of someone who's really experienced with yoga, you may be more familiar with yen and restorative yoga and know that they can just be really, um, helpful practices to build in, you know, at any time I'm also going to provide some adjustment suggestions for all the postures so that they can be really comfortable for anyone.

Depending on, um, different bodies. If you have an injury or something like that, you'll still be able to participate. And then I also want to, to address, if you need to know anything about planning to participate in those people might be thinking, well, this is not really my strong suit. I'm not sure, you know, I'm really good at planning or maybe I do a ton of planning.

I'm not sure I need this. And what I would say is. This event is really about carving out the time and space that you need to do this. And it's going to have prompts. It's going to have worksheets to really help you to guide you. It's also about doing this in community. So if you're someone who really enjoys kind of hunkering down and planning on your own, maybe this isn't the right event for you.

Maybe you want to just set aside the time and do it by yourself. But for me, I think it's helpful to be kind of in conversation around some of these things and to be talking out some of the goals and things that I want to be thinking about. So, um, I'm looking forward to that part. I think bringing people together around some of these, um, these kinds of planning, uh, uh, events and activities is really helpful.

And I've seen just so many benefits of doing that in the prolific community over this past year. So I think that's really fun. Um, okay. And then, uh, the last thing I'll just briefly talk about is the price, because that may be something that you're kind of curious about. So the way that I'm pricing, this is there's a couple different options.

One is to just come to the retreat itself. So the day and a half is being priced at one 97. So a little under $200 to come to the retreat itself. And that includes, um, like a workbook of activities that you're going to get includes the notion templates and includes the bonus worksheets. And of course at the time during the retreat itself, And then I have another option where you can purchase the retreat and a coaching session with me.

And you could use that coaching session before the retreat, after the retreat. It's kind of up to you. Um, but I'm adding on another $150 for that. So if you purchase the retreat and a private coaching session, it's three 47. Now that $150 is significantly less than just a one off session that you would normally purchase with me.

I wanted to keep this as affordable as possible, especially if people are interested in trying out one on one coaching and maybe they've never done it before. So I'll link all of this into, um, the show notes, but you can go to the website and pay which retreat you want. You can pick either the December one that's happening in mid December, or you can pick the January one that's happening right at the beginning of January.

And both retreats are a Friday into a Saturday, so you'd be coming all day, Friday, and then Friday into Saturday. I really hope you'll consider joining me for this. In addition to it being just a massive celebration of starting to teach yoga, which is something that I'm really looking forward to. It's kind of my yoga teacher.

Uh, training debut, um, that I'm doing with this group, I'm also just really excited to do this kind of work in community and to try out this kind of virtual retreat setting. Um, it's really fun. I think, to go deep with each other on what are the things that we really care about and that we want to prioritize as we head into the new year.

So I hope you'll check it out. And, uh, I look forward to seeing some of you there. Thanks so much 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.