**CC\_S5E3**

[00:00:00] 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 and 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 [00:01:00] beginning and listen to the episodes in order this season, I'm delighted to introduce you to dr. Danielle Barkley, a higher education professional and coach in training. Danielle currently works as a career and professional development educator at the university of British Columbia, where she specializes in supporting students at the masters and PhD level.

Coaching gives Danielle the opportunity to engage in career conversations with a wider audience, including mid career professionals, career changers, and anyone wondering what their best life could look like. Hi Danielle. It's so good to see you again, and I am so excited to coach with you today. Hi Katie.

It's good to see you too. And I'm really excited to be here this morning. Okay. Well, I'm going to turn things over to you and we'll go ahead and get started. Okay. Well, I might just start, uh, by kind of second of pause and maybe check in from where you're sitting. What do you notice? What is your energy level feel like?

Anything you notice in your body, what are you coming into this conversation with? [00:02:00] Well, as we record this, I'm actually right smack in the middle of facilitating a retreat for my online community. And I've kind of snuck in our recording session into one of the work periods. So I just checked in with that group.

Um, and they had their first two hour block of work this morning and everybody is being productive and they're so energized. And, uh, it's kind of the middle of the day as we record this. So my energy, I think, is really positive. Um, if you asked me in a couple of hours, I might feel a little bit more depleted.

Um, but uh, feeling really good. And I'm sitting, um, at my desk where I have a lot of movement and like, um, space to move around. And so I've been able to, uh, even though I've been here all morning, I'm feeling just very comfortable and ready to have this conversation. Awesome. And is there a topic that you have in mind for today?

I do have a topic like in mind and I have been revving myself up for this, so I'm very excited, Danielle. So the topic that I [00:03:00] thought it would be really helpful for me to think through today is I am planning a virtual retreat for December. And it is the first time that I'm trying to kind of officially integrate yoga into my, uh, events and, um, for people who are listening, who may not know throughout the summer and into the early fall, I've been pursuing a yoga teacher training certification and I'll continue that work actually into the new year.

Um, I just finished a 200 hour and I'll be doing a 300 hour. And I've been wanting to kind of think intentionally about how to build in yoga, into my coaching and some other elements of my business. And so I decided to do a yoga and planning retreat in December because I usually do some planning events in December.

And, uh, I would love some time to just kind of think through that. I made a little list. That's quite long of like all the things I need to be thinking through. And I would love to kind of [00:04:00] officially open this product in early October when I send out my next newsletter. So now it's just a really good time for me to get some of the details figured out so that I can build the website and kind of start actually enrolling people in this program that will happen probably in mid December.

Yeah, well, that all sounds awesome. I'm super excited to hear more about it. Um, given that you sort of have the list and it seems clear like some of the pieces, how will, you know, at the end of this time that it's been well spent or that you've kind of made progress towards where you want it. So I think that there's a lot of like little details that don't feel especially difficult to me.

I just literally have, I have not given them time to be like, this is actually what the schedule is. This is how long things will take. This is my intention for the event. And so it would help me, I think, just to nail down some of those details. And I have a little note pad here, so I can write some things down as we're going along.

But the other thing that I think I'd really like to walk away with is a clear sense of what [00:05:00] my intention is for this event and what I want for the participants. So what are they going to leave with? What are they really going to walk away with in terms of how they feel, but also in terms of maybe some tangible planning that they would have been able to do, and then.

Because this is the first time I'm kind of layering in the yoga aspect. I think that that adds in a whole other layer of kind of embodiment to the event. So if there's things that I'm hoping that we can kind of think through. So I think it will feel really successful to me if I just walk away with a little more clarity around some of the details, but also around kind of the larger intentions.

Awesome. Um, I'd love it. If you can take me back to kind of the germ of this idea or where you remember kind of thinking that there might be an intersection between coaching and yoga for you. Um, well, I mean, I think this germ would have been. Probably about nine months to a year ago when I was starting to think about [00:06:00] somatics and kind of this whole concept of embodiment and yoga or sorry, embodiment and coaching.

And. Coaching has I had started to kind of bring in just like some very small breath exercises with my clients, or like there's a coaching exercise called Hanhardt gut where you just kind of draw your client's attention to their body and their emotions. And even what you did at the beginning of this session of kind of centering me, you know, in my body and in this physical place.

Um, and so I just got kind of curious about that. And so I ended up signing up for a class on somatic coaching. And that led me into further exploring yoga more specifically. And then, um, it kind of built from there. So I think I had heard little kind of snippets about it and then decided like I do with some of these thanks to just dive in to the deep end, see where it see where it landed me.

And when you envisioned this retreat for December, and I'm really interested in like the planning aspect specifically, so we'll get [00:07:00] there, but what, what strengths or like what additional value do you hope the yoga elements are gonna create for your participants? I'm really hoping that the yoga will add in some kind of more depth to the reflection components.

Um, I think that I do want to bring about a theme. I've been thinking about kind of this theme of embodying hope. And what does it mean to. Bring concepts of like hope and resilience into your body, you know, as we're heading into this new year. And I think there's this sense, or I keep hearing people talk about this sense that like, as soon as the calendar turns to 2021, it's like a whole new world is going to happen.

And like everything in 2020, that's been really hard for people. It's just going to like magically dissipate. And I'm not entirely sure that that's going to happen as much as it would be nice if it did. So, part of what I'm thinking about for the yoga component is really just giving people. A more restorative practice that can kind of center them, help them with resilience, help them [00:08:00] to feel this sense of embodied hope as they're moving into what could continue to be kind of a challenging year, um, given the pandemic and some other things that have been happening.

And given that we don't know the results of the election, which I think will be a little bit, um, interesting for folks here in the U S yeah, no, I love that idea of sort of resilience, embodied hope. When you think about those, those qualities or those attributes attributes, who do you think you need to be as a facilitator designer of this event to create that for the participants?

I think in some ways this event needs to be really simplistic. Um, and that my role is very much like on the backend, rolling it out in such a way that it feels just really seamless when we move from like one activity to another activity. And that when people are participating in it, there's going to be some breakouts.

There's going to be some activities where they can really just focus on themselves and, and kind of what is their situation? What are they trying to figure out? [00:09:00] What are their goals and intentions for an event like this? So it's really kind of just moving them through a series of, um, smaller events and activities throughout the, the retreat.

Um, I don't see myself as kind of an active participant in it, but more, yeah, it's just a facilitator of the time and space. So what that looks like to me is in some ways, very simple, very, almost behind the scenes of making it happen and really just trying to facilitate holding space is another great way for me to think about that.

Just holding space to facilitate the planning and the experiences of people who are participating. Yeah. And I find that idea of like backend interesting, which, which sort of suggests to me that now, or the coming months are actually a lot of the places or the time where the effort might going into this.

So you had mentioned that you wanted to kind of get this available. In October, which is not so far away as we're recording, what are some of the things that are on your, to do list or on [00:10:00] your calendar at this point in time? So I think part of it, I'm trying to think about like what in phases in some way, what are the things that people need to know, like right now for them to sign up?

So for me, that includes things like the dates, a rough. Understanding of the schedule and thinking it's going to be like a day and a half. So like, what is the time that people would have to block for that? Um, the cost. And I think that there would need to be some kind of website that really gives some details about what is this, you know, like who is it for?

Who's the audience for this? Um, what do you walk away with? And I do plan to have some kind of workbook or set of materials, but I don't think I need to have it ready to open enrollment. I think that I can send that out at a later date. Um, and I think that even some of the details about what exactly is going to go into like the yoga sequences and things like that, I can plan along the way, as long as I have some of the bigger picture understanding of what is going to be happening [00:11:00] during this day and a half period.

The other question I'm trying to answer for myself is I put out a waiting list for this. I started mentioning it in a couple of places and I have a good chunk of folks who are signed up and I asked them about dates and there was about an equal split between two potential dates. And so the other question I'm considering right now, I want to offer this twice and allow people to sign up for one date or the other based on kind of their availability.

So, um, some of those details, I think, are really what I need to figure out in the very short term. And that would allow me to mock up, you know, like a quick website where people could learn some more information about it. The idea of offering it twice, potentially knowing that this is a new venture, knowing that it's happening at a time where people have a lot on their plates, probably yourself included what comes up when you think about potentially running it twice.

And it sounds like in fairly rapid succession. Yeah, I think it would probably be like one weekend. And then the following weekend, I'm [00:12:00] tentatively planning for like a Friday into a half day, Saturday. Um, so I think the thing that makes me feel okay about it, cause I generally do feel okay about it is that I'm planning to take time off.

Around the holidays. And so this would actually probably be a period of time where I'm not in the office for my day job. And I would really be able to devote, you know, a good chunk of time to just facilitating this and being really present for it. And also, I definitely have, um, this connection. I want to offer this in a way that it's really accessible for people.

If this is something that they were like, Ooh, I am actually really interested in this. And this is like right up my alley, especially because it's a new offering and I'm starting to kind of. Put myself out there in terms of doing some of the yoga stuff. This is in some ways like the formal debut of me teaching yoga in a virtual environment.

Um, I just want as many people to be able to come to that and, um, have it be accessible to them as possible. So I think that on the side of the [00:13:00] client, it feels. Good to me, because I want people to have a couple options to choose from. Um, on my side, I'm feeling also pretty okay about it because I think it would give me more practice of doing this.

Um, and that's something I felt very strongly about is since I'm not practicing in a, uh, physical yoga studio right now, um, I need to consider what are the virtual ways that I can do this and start to kind of bring up my own level of comfort, um, in terms of how I might facilitate that. Is there any other information or any other considerations that you think you would want as you're making that decision around?

Whether it's going to be one or two. Um, I mean, look, yeah, the waiting list has actually been really helpful, um, because for the number of people who are on the waiting list, you don't know how many people will sign up, but there's also probably people who will hear about this later, who are not on the waiting list now.

So, um, that is actually. A really helpful metric for me in terms of just thinking, because this is not [00:14:00] something where I'd really want to run a day and a half event for three people, you know, like I think I would want a pretty large group to come into this and have the opportunity to do breakouts and engage with each other.

And so given that that's one of the keys things I'm kind of looking at is just, what's the level of interest that I'm hearing from people. And it feels pretty high at this point. Okay. And I want to take us back to kind of the, the other fork of that piece, where you were mentioning that potential description.

And I think some of the questions you articulated, who is this for? What will they get from it? Um, what do they need in order to participate? Those seem to be kind of reflective questions that are also helpful for you thinking about this, this event. So if you imagine yourself, Writing that, so that a potential participant could read it.

How easy or challenging do you think you'd find articulating the answer to those questions at this stage? Um,

[00:15:00] I don't know that I would find it super challenging, but I definitely want to give it some thought I have in the past run, um, kind of a one off 90 minute workshop, multiple times. This is, um, something I've done in a lot of different settings, both in person and virtually a workshop called planning for a productive year.

So I think that there's materials from that, that I might bring into this. I also have a resource that I share. That's a seasonal planning guide that could come into this in some ways. And then I also have been running monthly goals and intention setting planning events in my online community that seemed to be working really well.

And they are based off of kind of reflective questions from a tool called power sheets. So there's a lot of like, Possible things that could kind of be inserted into like the planning side of what this looks like, that I feel like I'm kind of starting from [00:16:00] a pretty strong foundation. Like that's the stuff that I've typically done before, um, in terms of, uh, workshops and things like that.

I think one area that's kind of a little bit more questionable for me is how I want to describe the yoga pieces. I feel like I'm coming into a little bit of clarity around that. I was thinking about it this morning and just trying to think about what would people want, you know, if they were coming to an event like this, and I do feel like it's more on the restorative side, um, of yoga and maybe doing some yin as well, which is a kind of restorative practice.

So I, in some ways I kind of want to just niche to that and be like, this is not a power, you know, that kind of situation. So like, if you're new to yoga, This is going to feel really relaxing. Like this is the whole point of this retreat is to kind of like come down from whatever, you know, anxiety or concern or nervousness you might be feeling about this new year.

Like let's just feel really settled and rooted [00:17:00] into kind of our planning. Um, so those are two words that I think really helped me to think about that as kind of what does it mean to be settled and rooted? Into, um, a planning situation. And then I guess the little last thing that I'm, well, probably not the last thing, but the third thing that comes to mind.

So there's the planning piece that I feel pretty comfortable with the yoga piece, which I feel like I'm coming to a little more clarity around the third piece. I feel like for me, it's just this concept of a virtual retreat. Some people may not know what that is. They may have never gone to a retreat. At all that's like around yoga and planning.

Um, I have never been to a yoga retreat, so I don't really know like what these things are supposed to look like. I'm kind of putting air quotes around, supposed to. Um, and so there's also this description of just, what does it mean to be on retreat and what are the kinds of elements that might be included in a retreat?

So I can think of, for example, there will be some large group. [00:18:00] Sessions, there will be time to reflect and work with, um, like worksheets. There will be breakout opportunities, um, for reflection with other people who are attending. Um, maybe there will be time for Q and a. And then of course there will be like the yoga sessions that will probably be relatively short.

I'm not anticipating like hour long yoga sequences, but maybe something like 20 to 25 minutes that are kind of sprinkled throughout the planning time. And when you said, you know, what does it mean to be on retreat? And then you offered like this really? I think, well thought out and well articulated plan.

I'm also curious about another way to ask that question might be a little bit more experiential or a little bit more emotional. So I wonder like around the question, what does it mean to be on retreat? What do you think it [00:19:00] feels like to be on retreat or what's the head space of a retreat that you're hoping to create?

Yeah. I mean, I think there's definitely in the sense of like time away, um, that you are in some ways kind of separating yourself out from your schedule from other obligations. There's a sense of being, um, reflective. There's a sense of being able to. Focus, um, and really kind of think about a particular kind of thing around the planning.

The other thing that I've really been thinking about is I think when it comes to planning something, it really overwhelms people is how to prioritize and how to really think about, you know, especially over the course of the year. What do I really care about in this year? And that's even harder to do when there's a lot of uncertainty.

So I think part of what I'm hoping to give people is a sense of what can they be certain about? So there may be a lot of things that have uncertainty as we go into 2021, but there may [00:20:00] be also some things that they know they want to prioritize and that they can say, yes, I have some certainty that. I can move a certain project forward or like this is within my control to move something forward or to focus on something.

So I think that reflective focus, being able to prioritize, having a sense of certainty and walking away with a plan. I mean, it's something that feels like, okay, this is, this feels good to me. This feels like something that I can take action on.

Yeah, that notion of, of prioritization. The other thing I'm hearing sort of woven throughout all of this, right? It's a bit of a sense of agency that planning implies that we do get to make choices even in a time or moment where we might feel like choices are, are a little bit limited. And that's interesting as well.

Yeah. And I, the other piece that I think this is helping me think about Danielle is. The other thing that I think is challenging for people is they just don't know where to start. And so they, [00:21:00] they don't, I mean, they're just like, I don't feel like I can plan anything right now. It's not going to. So I think there's also this element of being guided through a process.

So you don't, you don't have to do anything but show up and then I'm going to walk you through something that on the other end, you're going to walk away with these benefits. So the idea of having a process that you can work with. That helps you to, um, relax into the process a little bit, because you're not the one who's having to figure it out.

So as long as you sign up and you set aside the day and a half, that's pretty much all you need to do. So there's a relaxation component to that. To me, that allows people to kind of relax into the process because they can trust what's coming. Well in earlier on, when you were talking about the physical yoga aspect about it, I also got the sense there that this is something where you don't want to create a high [00:22:00] bar like that this doesn't necessarily have to be for someone who already feels super fit, or when I'm hearing now for someone who already maybe identified strongly as a plan and then agreed.

Yes, very much like this is a, that's a really good way to think about it is. Um, I don't know that I would use that language, like in marketing materials of the low bar. So I would have to kind of think about like, how do I describe that? Um, but it's, that's very true that this is for people who. Um, I guess I would say, I feel like this is an event that if you're like a planning Ninja, like I think about myself as like a planning.

I love planning. It's super fun. I would love an event like this. Like just even just setting aside the time, even though I feel like I know how to plan, I would love to be guided through a process like that would feel very relaxing and meaningful to me. Um, but also I want to design it for people who are the opposite of that, who are just like, I have no idea what I'm doing.

You know, this is very. Um, kind of nerve wracking for me to think about planning. I want to layer in the yoga to kind of bring a [00:23:00] sense of relaxation and calm, um, to this process. So I think calm would be another word that I would use. Um, and also that word, meaningful. And then I guess the other piece that seems like obvious, so obvious I didn't state it is the community element.

And when I do these kinds of events, um, people love being in community with each other and talking with each other and doing breakouts with each other. And that's, I think what I meant earlier when I said, I feel like I'm kind of in the background and just holding space, I'm really just creating the space for people to be in community with each other.

I'm giving a few steps of how to do that. But it's a lot of the magic is going to come from them, interacting with each other and learning and growing with each other. It sounds like you're bringing in some of your, your identity pieces around, you know, your existing strengths as a facilitator, as a planner, I'm curious, you know, why would you say that you're the right person to be leading this particular session?

[00:24:00] Yeah, I've been thinking about that. Um, I mean, in some ways I don't know that I am. I mean, I'll just to be honest, like there is definitely a little bit of imposter syndrome, especially around the yoga pieces. And this is definitely an attempt for me to feel my way into how does this work? Um, and, and what do I think about it?

And do I feel like this is actually something that I can do pretty consistently. Within this kind of community, like what I want to layer in yoga classes to my online community, you know, like what, what would that mean to do that? So in some ways I do see that this is pretty experimental. Um, there are elements of it that I think are very much in my wheelhouse.

I think the facilitation pieces in particular, Is where I have a lot of strength, the planning pieces, obviously, but in terms of also, I mean, the planning pieces in terms of the content for the participants, but also just the setting up of an event like this and the kinds of [00:25:00] logistics that would go into it.

I feel very strong in being able to do that in a way that, um, I can think of all the pieces. I can make this into something and it feels very relaxing for people. Um, So, yeah, there's a lot of like little details that I think will work out, but I mean, the yoga piece in particular is definitely a stretch area for me.

And, um, is an area that I would really want to be thinking carefully about how do I layer that in and kind of embrace that part of my identity, especially given you know, that I have a credential now to teach this stuff. Uh, what does that mean? I don't know. Quite yet. Like I'm still really. I'm exploring that for myself, Katie, as you were speaking, you mentioned that yoga is a stretch area for a year.

You and I couldn't quite help chuckling to myself, but then I thought, you know, maybe there's something really to that. And this is sort of a, a broad question, but I'm curious, is there anything about your yoga practice [00:26:00] or that you've already developed from within your yoga practice that can support you in preparing to think about this event or preparing you to think about stepping out of your comfort zone?

Well, it was interesting. I noticed. So when I, when I put up the waiting list for this the event, one of the questions I asked other than just like basic contact information and the dates was what would you like to see included? Like what, what are like your hopes and dreams for some kind of retreat like this?

And at least one person said, I really want to, I understand how to have a daily yoga practice, which is something that I currently have. And it's very much a cornerstone to my own. Um, yoga journey has been like doing this. Yeah. In a, in a daily practice. So I feel like the consistency see of it for me is helpful.

The other piece, um, that immediately comes to mind and answered that question is I still feel like relatively at the beginner stages of having a yoga practice, but I feel like that helps me to understand other beginners. [00:27:00] So. There may be an in the same way that like planning ninjas are going to have a good experience in this event, just because they like planning and they'll just enjoy the time.

I think if I had a really advanced yoga practitioner come into this event, I think they would also just enjoy the time of like connecting their body with planning and of thinking about what does it mean to have an embodied practice around planning for a new year. So I feel like it's hitting a bunch of different levels and, um, I think that's part of why I feel okay with moving forward with it, even though I'm not feeling like.

120% confident in my abilities to do the yoga pieces. But I also feel like, um, the consistency of my practice, the fact that I continue to grow in that practice and understand that it is not a form of mastery, like I'm not expecting to have mastery over it. It's, it's very much a journey and we're all kind of on a different journey when it comes to this kind of stuff.

Um, that helps me to feel. I don't want to use the [00:28:00] word safer, but maybe more comfortable moving into this space and kind of seeing what's there. And, and if it would be helpful for other people, are there ways that you think you show up differently in your yoga practice than you show up in some other identities as a coach, as a professional, as a facilitator?

Um, I would definitely say, I think I show up in the yoga practice closer to how I show up as a coach, um, because the coach identity is a lot more tied to reflection. And I think what my hope has always been with combining yoga and coaching is I really like a yoga session that is highly reflective and that asks, you know, powerful questions as you're going through the sequence.

And this is why I like restorative yoga, because you're often moving slower throughout the process. And when you start doing something more quick, it's, you're just paying attention to your body. Like, you're just trying to like, not injure yourself, transitioning from one pasture to another, but in the restorative where [00:29:00] you're just kind of sitting in a pose or in yen where you're just sitting in a post, there is this opportunity to think through releasing something or loosening something or what feels like an obstacle right now, or, you know, like.

Putting some of those powerful questions into the mind, body connection that's kind of happening, um, in those moments. So I think that for me, um, I want to lean into, is that part a, and that's an area that I feel like I'm developing in my coaching practice. So it's kind of like ratios. I feel like if I'm doing a coaching session, it might be like, 90% coaching, 10% somatics or 80% coaching, 20% somatics.

But in an event like this, I feel like it kind of deepens that ratio. So we might be doing like 60% coaching planning, 40% somatics, you know, where it's starting to kind of bring in the embodied pieces a lot more. And then the other piece, I would say, say that you're making me think of with that question is.

I think [00:30:00] that some, not all, some academics might be kind of challenged by this. And this is actually what drew me to yoga in the beginning is I felt like I had a very. A underdeveloped mind, body connection. Cause I had focused so much on my mind and kind of getting my intellect where it needed to be through pursuing degrees and writing books and all the things that go along with that, that I kind of ignored in some ways the embodiment.

Peace. And so yoga was a really intentional way for me to try to learn about that and bring it back in to my regular kind of daily routines and practices. And so I would anticipate there are other academics who feel the same way who are like, all I do is the desk all day. I don't feel like I have, you know, time or energy or, um, maybe even knowledge of how to engage in this in a way that could be useful for me.

So there's definitely, um, A desire on my part to kind of introduce people to this [00:31:00] concept, because it can be done in such a short amount of time. It can have such amazing benefits. It doesn't have to be rigorous. You don't have to change your clothes to do it even. I mean, like there's just a lot of really good things that can come out of it.

So I think that I'm thinking about my identity as an academic and how other people might relate to that is also something kind of interesting for me here. Yeah. And as you're articulating these pieces about where, what yoga means to you and where it fits in, does any of this seem like things you would want participants or prospective participants to know in kind of this framing up?

I could see something around the mind body connection, but I think, I think it'd be really careful about language. This is something that I've thought about, you know, when I'm even in my coaching practice, like, I'm pretty careful about what I introduced to clients. And I have found that when I do introduce somatic pieces, clients are really, actually very positively responsive to that.

Like, they they're very hungry for it, but I think you have to be a little [00:32:00] careful with academics and higher ed professionals that you're not getting. Into what they might consider, like Woohoo, you know, like, you know, things that are just like, not based in science, like a lot of people are kind of like, I think they lean away from kind of the warm and fuzzy, you know, that they, if they feel like there's not like a direct benefit.

So for me, I think really kind of leaning into this idea of even like self-trust and how embodiment is part of self-trust relaxation and how embodiment is part of relaxation. Uh, centeredness and how embodiment is part of that. So like really tying it in with some of these other words that we've talked about already would be, I think, a more helpful way for me to think about that.

Even the subtleness and the rootedness and the restorative and using that kind of language seems, um, like it could be more interesting to people. Yeah. And then the other piece that stood out to me as you were mentioning, you know, the, the incredible gift of hat already, having a [00:33:00] consistent yoga practice established.

When you think about the coming weeks between now and December, is there anything that you think you want to shift or expand or focus in on, in your own yoga practice that would support you in getting ready for this retreat? So recently I've purchased, um, several books that are focused on sequencing.

And teaching yoga. And of course I'm kind of still actively doing my credentialing and learning about it through that as well. And there are some requirements that I have to fulfill for that, um, that are kind of moving me forward in terms of understanding things like queuing and, um, how to offer adjustments to people and things like that.

I think that what I'm realizing as I start to dive deeper into the teaching components of yoga, and this might seem kind of obvious, but it's. Just becoming really clear to me is it's very different to have a personal practice than it is to teach someone. So some people might think, well, like, Oh, you teach someone and then [00:34:00] it's like, you're doing, and your yoga practice and your teaching at the same time.

Like win-win. And it's like, no, it doesn't really work that way because when I'm teaching at least right now, because it's so new to me, I have like really increased adrenaline when I'm teaching. I'm very nervous. You know when I'm doing it and whether or not people can tell that it doesn't really matter.

You know, internally I'm feeling like very heated and not calm I'm I'm like being on a lot of different things. And it reminds me a lot of when I first started coaching and it's like, you're trying to pay attention to. The sequence of the session, the timing of the session, what your client is saying, what your next question is.

I mean, like there's just a cognitive overload that's happening. And then eventually as a coach, you settle into that and you understand what you're supposed to be doing. And, you know, it's, it doesn't take as much work. I'm very much at the cognitive overload stage of teaching yoga, where I'm like trying, it's not natural for me to cue from the ground up.

It's not. Natural for me to be doing something in my body and talking about it at the same time. [00:35:00] I mean, I feel like I'm like patting my head and rubbing my stomach. I mean, it's just like, it's, there's this kind of coordination. That's, that's a little bit challenging for me right now. So I think that what will be helpful for me is to have more practice on the teaching side before I move into the retreat.

So that I'm, I'm starting to kind of regulate that for myself a little bit. And then I'm, I'm actually like, Actively speaking while I'm doing physical movement, you know, like just really trying to even like my own practice, walking myself through the queuing so that I can kind of be doing both at the same time, because I, well, I don't want to try to kill two birds with one stone and half my practice be a part of it.

Teaching. I do want to get to a place where the teaching feels more calming. And right now the practice is incredibly calming to me. So I need to somehow like overlap those two things, at least in my mind. Um, To help my body catch up as well. Um, the other piece I would say to that is what I found recently when I was practicing some of this.

[00:36:00] For, um, like a final exam thing that I had to do for my 200 hour training. I was really wiped out by it. Like I, I did the teaching and then I was like, okay, I'm ready to take a nap. And I was like, I'm not gonna be able to do that in the retreat. Like, I'm going to have to think about how can I do the sequencing in a way that I'm not completely, we wiped out by a 20 minute teaching session.

Because then we're going to be like doing other things. I'm going to be facilitating others stuff. So even just thinking about the balance of how do I bring that kind of practice into a form of, um, Day so that I can kind of get used to the energy levels that are needed for, it would also be something that would be helpful.

So there's a lot there. I mean, I actually feel, even though we're saying like, Oh, December, it doesn't feel that far away. Or, you know, like, I feel like having a couple of months, or like two and a half months, almost three months as we're recording, this is going to be totally necessary to kind of [00:37:00] get me into a place where I feel, you know, a lot more comfortable with leading something like this.

How will, you know, when you're in that place or what are some of the markers you're sort of looking for or that you can notice along the way? Well, one of the things I've really been thinking about is how to sequence the yoga pieces with particular themes and to really be thinking about like, where do they fall within the larger schedule of the retreat?

So that. The sequences are really adding to, you know, whatever's coming next or they're bringing you down from whatever we just did, you know, like, so there's a, there's a nice kind of flow that's happening there. But along with that, the other thing that I think is really important to me is to do a kind of sequencing that feels very comfortable for me, which probably means a lot of seated poses.

So rather than like moving up and down a lot, I mean, one of the things I've noticed it's really challenging is I haven't quite figured out things like that camera angles and making sure that I can be easily seen by people who are watching, [00:38:00] if I'm standing up and moving around a lot, I have to be back away from the camera.

Whereas, if I'm been doing more seated poses, I can be a lot closer to whoever it is that I'm recording for or whoever's on the screen. And since I do a lot of this resume, I want to be watching them as well and make sure that people are kind of following along and that I don't have to offer any, um, kind of modifications or adjustments based on how they're engaging in the postures.

So part of it, I think, is. My own kind of acceptance that this is not going to be super advanced and this is going to be very, um, in some ways subtle, like that might be a good word to use that these movements are going to be, um, very restorative, like I said, but that they're not necessarily going to be like big explosive, you know, like, uh, I don't even know how to describe it.

Like there'll be body, but there'll be more quiet. And I think that's the [00:39:00] kind of, uh, this that I want to offer to people during this retreat is like, this is a quiet time. Like this is a time to turn inward and we're going to build community around that. So for me, I think part of it is just kind of, I need to think about that.

I need to think about that sequencing and how I would want to cue that and for what length of time, and then just practice it. Like that is really going to be what helps me to feel. More comfortable, um, about doing this. And I would also say, I feel like there's. Right now, when I'm doing the sequencing, it's for the purpose of evaluation, like there are certain boxes I need to check as I'm doing the sequencing.

And for an event like this, I feel less concerned about that. Um, I feel less concerned about certain kinds of things. I don't have to prove that I'm, that I know certain things or that I'm including, you know, a certain amount of props or whatever. Like I don't have to do that. So that release of being able to really plan it based on my audience, um, that is not an evaluative audience.

[00:40:00] They're just a participatory audience feels very different to me than. What I've been doing up until this point, which is basically designing things for an evaluation purpose. So, um, all of those things I think will help to move me into a, a little bit of a better space with this. How do you want to feel at the end of this event in December?

Whether it ends up being one or two?

I think I want to feel, um, A little bit rung out. Like I, I, and I interpreted being rung out is like a positive thing. This is something when I have a yoga journal and I like associate certain emotions with each of my practices and rung out to me as a positive emotion, um, versus like feeling really tired or, or burn out or something like that rung out to me is like, I gave it everything, you know, like, and not in a way that's like, My cup is empty, but just, I, he was [00:41:00] able to show up in a way that, like, I felt like I gave my whole self, you know, to this event and people could see that, you know, they could see that I was really there for the purpose of holding space for them.

Now, of course, that means recovery time. Um, which is partially why I've designed this to be maybe a Friday into a Saturday so that I can have the rest of the weekend to just, you know, chill and, and kind of recover from it. And also putting them a week apart so that I'm not, you know, going back to back.

Um, and also not going more than a day and a half. Cause I feel like that could be a little too much, um, for me and for participants. So yeah, I think that, um, that piece is going to be really key. You mentioned at the beginning of our conversation that you sort of had a list, so I'd love it. If you want to, I don't know if you want to take a glance or is there anything that we haven't talked about yet that you were hoping we would come to.

Um, let's see. Okay.

[00:42:00] So there's a lot of stuff that's like logistical. Um, I'll just give you a sense of what's on his list. Cause people who are they, we also be curious. So, um, things like the website, things like communication, um, both like before the event, during the event, after the event, email communication, um, what do I want to translate from what would be like in an in person retreat to virtual?

Like, I can't provide food for people, for example, but do I want to provide like, Menu suggestions for during this period, like warming foods or something like that. Um, the schedule, which I'm still kind of trying to think about, and that might be something for us to kind of put a pin in and, and come back to the workbook and the materials, uh, registration and payment, which is just kind of backend logistics, the theme and intentions, um, which I feel like we've gotten to a little bit, and that's helped me to kind of think through that.

The actual activities [00:43:00] with the breakouts. And that kind of goes back to the schedule of, you know, what actually am I asking them to do? Um, and what is the retreat schedule? The schedule for marketing the retreat, which would start probably in early October and include various, you know, social media and newsletter and blog, post and podcast, and other kinds of things.

Um, and then there's also a like, video. Recording, like, do I want to not build, but like create a set in my house, especially for the yoga pieces. Um, what would that look like? Testing microphone for yoga sequences, making sure all the technology is working for that. Um, so those are the things that are kind of just my brain dump of like, these are all the things that I need to be thinking about.

There might be some things that I'm missing in there that folks listening are like, why aren't you thinking about this or that? Um, And then I think, I don't know if I mentioned like the yoga sequences is obviously a big one in there. So some of this I feel super comfortable with, cause I've just done it for other events and you know, like the, the [00:44:00] registration for example, is like no big thing for me.

And eventually designing the work book and materials. I think I'm going to draw from a lot of stuff I already have. So that also feels pretty good. So there's a lot of things in here that are, um, not, I don't think they'll take a huge amount of time or I just know how to do them. So they, they feel. Pretty comfortable.

And when you review that list, is there anything that still feels like it has a big question Mark around it or that feels like we haven't really, that that's something we haven't talked about. Wouldn't sit with it. I mean, I think the big question Mark for me is a little bit about the schedule and like, what do I want do this day and a half?

Like, what time does it start? What time does it end? How am I sequencing things happening throughout the day? And I have kind of looked around a little bit online just to be like, is anyone else doing this? Like, what does this look like? Um, so it would be helpful. I think for me to talk through that a little bit and try to figure out, are there certain kinds [00:45:00] of activities?

I mean, I know kind of broadly that there'll be breakouts and there'll be, you know, like these other things that we're going to be doing, and there'll be maybe some Q and a, but I don't know when each of those things are going to be happening. And then the other piece that I think I just need to be thoughtful about is timing of, um, time zones.

So if I start at night in the morning, central time, that's seven in the morning, Pacific time, which is kind of early. So, but if I start at 10:00 AM, Central idiom Pacific. It's almost midday for the East coast folks. So, and that's not counting, you know, other parts of the world, people who might want to join in.

So those are the pieces that it's like. I do not feel like I have a clear picture of what some of that is going to look like. For sure. So when you've done other virtual events or trainings or the writing workshop that you mentioned today, how has time zones and accommodating time zones played into that?

So what I have done, um, for like the [00:46:00] writing retreats, which are all day events that we currently host is they do run nine to five central and we do a mix of like 30 minute check-ins and two hour. Work blocks for those. And there's basically, there's like a kickoff, the two hour work block, a check in a two hour work block and check in.

So there's, there's kind of a back and forth to it. Um, and that does seem to, and work for people. And some people just come later, you know, if they can't make the whole thing, I think what will be a little bit challenging for them is, um, this might be a harder one to like come in and out of. I think it's like, you kinda need to come.

If you're going to come, um, I will be recording some of this, the elements of this, and like putting it into, to a replace space for people, but like the yoga stuff. I'm not sure I'm going to be recording. I might just let it be live and not have any kind of replay with it. Um, so there's some things for me to think about there too.

[00:47:00] Um, and, and that'll probably go into some of the communications on the website of like, like a frequently asked questions. Like if you can't come to the whole thing, you know, try to pick a date where you can come to the full day and a half because activities could kind of build on each other throughout.

And then the other piece this is making me think about is I had wanted to think about if there was a. Kind of directionality to the time, if that makes sense. So like, do we start like really big with values and life practices and then kind of like narrow in as we go, um, like do we start with the whole year and the narrow end of the quarters and the narrow end of the month, like in terms of planning, is there a funneling aspect to it?

Where we're getting like more detailed as we go along, or is it just a series of activities that are kind of sequenced to make sense, you know, to go in a certain order, but they're not necessarily building on each other in a really distinct way. Um, [00:48:00] And that could help maybe with people who do need to come in and out, depending on what their situation is.

So that's some decision making that I need to have as well. And you used the word sequence there. So it seems like there's almost a parallel there's sequencing that the movements for the yoga portion and they're sort of sequencing the whole event. Yeah. Yeah, absolutely. And that's very much on my mind as I'm thinking about like, it's all going to kind of have to happen at once, you know, the sequencing of the movement and the sequencing of the.

The activities, you know, I'm going to have to think about. And what I really did, might just have to do is go back through the stuff that I have that I've done in the past. And just think about like, what is the must do's like, what are the things that people always love? They always find useful, um, that I think is going to model for them.

You know how to do this in a way that's going to be meaningful and kind of fit into a lot of the things we talked about, about prioritizing and you know, all those kinds of things. Um, and then just kind of. Look at those things as a group and start to kind of move [00:49:00] them around a little bit and be like, Hey, so what needs to come first?

What needs to come next? Um, and that might allow me to kind of put things in a kind of order as a I'm thinking through and then slot in things like the yoga sessions or the Q and a sessions or the breakouts based on where I think they fit. Yeah. And I think, I think that question of like, what, what are the must haves?

And then as you may be, come into the space of, you know, choosing and prioritizing and having multiple options, are there any other questions that you think can help guide you in terms of what you include and what becomes part of the content? Well, I do have commentary from people who did sign up for the waiting list.

So when I asked people what they wanted, um, several people commented. So I have things, um, people said, for example, values, alignment, life practices in relationship to goals, uh, reflection and intention, setting professional [00:50:00] goal planning, planning out schedules, clarity for the next year. Um, thoughtful reflection, strategic planning and intention setting.

Um, so there was a lot of kind of cops. Oh, of like personal professional of what people were trying to do. And I do see kind of a zooming in zooming out kind of situation for people where they want to zoom out and think about values as it relates to these larger. You know, practices are goals, but they also want to zoom in and be like, what's my schedule going to be like for the year or what are, what are the daily practices or routines that I really want to prioritize this year and on the professional side and the personal side.

So there's kind of some balancing of all of those components. So I think going back to that will help me to kind of pull out certain activities that I can sequence in a way that would help people to think through that.

What is the connection going to be between sequencing and, you know, you've mentioned the idea of this sort of as an experiment [00:51:00] or a learning area for you. How does the fact that this is something new, maybe shape the sequencing or the decisions around sequencing? Um, I think I'm actually just excited about it.

I mean, I don't know that it's about. I think that there's just such a new to it. And I like puzzles. I mean, this feels like a really fun puzzle to me to be like, how, how do I shape this? Where are the breaks? Where are the, you know, like where just all the pieces. Cause I have certain pieces that I know I want to drop in.

Um, and so even just kind of thinking about where to all of those pieces go is. That's a fun exercise for me to kind of think about that. The other thing I'm realizing as we're talking, I'm, especially thinking about like workbook or materials is I could certainly kind of create some things that we're not going to get to in the actual retreat, but it doesn't mean they wouldn't be helpful tools for people.

So I could like [00:52:00] refer them to a planning guide, you know, for something specific, if we're not going to tackle it in the retreat, but it's part of your retreat materials that you walk away with. So that would be something else for me to kind of think about is what needs to be included and what needs to be like adjacent to this event.

Um, so that people could do it on their own time. If they were interested. I love that. And thinking about the idea of sort of the overall, the restorative nature, the sense of, I think spaciousness, it sounds like you're trying to create within the event, uh, that idea of like what's included and then what is also there.

And people can kind of access in the way that serves them. In terms of those pieces of some of the things you're going to have to create in some of these decisions that you can make. I love the idea of thinking about it as a puzzle. What do you need, if anything, to give yourself time and kind of focus to solve that puzzle in the coming weeks or months?

Yeah, I definitely think I need dedicated [00:53:00] time to put together whatever the workbook is. And I think in some ways, Um, I don't, I don't feel a lot of stress about that. I mean, I definitely feel a little bit of pressure. Just do it in a sense of like, it is a task that needs to get done before I can, you know, send it out to people.

Um, but I've done a lot of work with design in the past. And so I feel very comfortable doing that work. What I'm starting to realize now through this conversation, I feel like I kinda knew it coming in, but it's becoming more clear to me is I, I do need to sit down and kind of just sequence. So time and really think about how long will things take, how much time do I want to devote to certain activities?

How will I transition in and out of different activities? For example, if I'm sitting where I'm sitting right now, which is at my desk to do some of the activity facilitation for worksheets, But I'm doing my yoga sequences in another part of my house. There'll be like a little bit of set up time that needs [00:54:00] to happen to, you know, have people maybe leave the zoom space and then come back into the zoom space.

And I'm like logged in from a different part of my house, you know, like that kind of situation so that the logistics around that will impact the schedule. Um, and that's actually kind of helpful for me to think about is how do I do that? Uh, what does that mean? So I I'm feeling kind of more

Ready, I think to try to figure out those, that particular puzzle piece of the schedule, because that, to me, I feel like unlocks a lot of them things and unlocks the website and unlocks the workbook. Like there's, there's a kind of sequencing that the planning as well, um, that will help me to, to figure out even like the yoga sequencing and things like that.

How, how many sequences do I need? How long are they? Um, what. Depending on what they are, you know, communicating with people about what they might want to have with them. Um, prop [00:55:00] wise, you know, to do the sequences with me. So there's, there's a lot of unlocking that comes from figuring out the actual schedule.

Yeah. A timeline in mind, or is there a goal you'd like to set for yourself around figuring out that schedule? I definitely think, uh, I might have to do it this week because I'm going to need maybe a half day to get the website functioning, um, that would allow for people to kind of register and, and.

Formally like commit to coming to something like this and the website does need to have the schedule on it. Um, and does need to have some of these details that we've talked about. So I think this week I'm gonna really need to work out a lot of those details. And it's helpful for me to think, even as I'm kind of looking through my list that I came with, what are some of the things that can wait a little bit, um, And like the workbook, some of the communication pieces, [00:56:00] um, even like the marketing schedule can wait a little bit, some of the stuff about the video recording.

Mmm. It's really like the website, the schedule, the registration, the theme, and the intentions. And then some of the activities kind of having a clearer sense of what those things are. Those are kind of phased. One or whichever phase I'm on. Maybe I'm on like phase two or three, but at this point, um, but those are the next pieces that I think I need to work out.

Yeah. And I'll say like, I'm hearing actually throughout our confrontation, I've really heard a lot of excitement and a lot of sort of understanding that like you can do this. So I think as you said, you know, it is some of these decision-making pieces. Um, but I think it's a really exciting piece that you're trying.

And I'm hearing a lot of confidence in your ability to make this meaningful for the participants. Yeah. I have a lot of energy around this, you know, like when I was thinking about our topic for today, I was excited. I was like, okay, good. I can like devote some yeah. Time [00:57:00] to thinking about this because there've been other things that have been kind of competing with it.

And, um, I am really looking forward to it. I mean, this is the kind of thing that I don't see. A ton of, you know, out in the academic space, like these kinds of planning retreats. I don't see a lot of combination of the urban planning and ultimately I would really love to do these in person. I think that it would be super fun to have in-person planning and yoga retreats.

Um, For right now with the pandemic. That's not really something that's I can do, but I think that doing them virtually is a great way to kind of test the waters on like these longer events and what they could look like. And that's really exciting to me cause I see a lot of possibility there for the future of what am I do with events and services in the coming years.

And I think your hopefulness about the, this event and where it could take you right. Also feeds into the hopefulness. It sounds like you want the participants to leave with about, you know, we don't know where this is going to go and what it's going to look like, but that that's an [00:58:00] opportunity to build some new stuff.

Yeah. Well, and I think the other piece, um, and this'll be maybe the last note that I make is that we're building us together. You know, like this is an event that I can, I can kind of some things to it that are expected and that, you know, what the schedule is, but I also need to build in the time and space for the unexpected and for like the connections that are going to be made and the friendships that are going to grow out of this event.

Like there's a lot of really cool things that they participants are bringing with them. And I can't control for that. I can just create the space for it. So I think that that is something. That I also really want to communicate in the marketing materials is like, this is you. Like, you're bringing this as much as I'm bringing this.

I'm just creating an opportunity for us to come together.

yeah, I think that's really powerful. And I think that's something that people are continuously. And then maybe at this particular moment in time, [00:59:00] really craving. Yeah. What I love the idea too. Cause I think about like, what would I want as a client or participant? Like, that's a lot of what drives some of this stuff.

And I think about like, I would love an event that I went to every year. You know, like that was a, it was like my thing, you know, like in December there was this planning retreat and I went every year and it was like, you know, something that became a tradition for me or part of my routine. So that's what I'm kind of trying to think about here too, is like, how do I create something that's like useful every year that you would want to come back to that you would feel like a sense of warmth around a sense of community around.

And, um, that's definitely one of the intentions I'm trying to set with us as well. Well, I'm really excited to maybe hear more in our future conversations about how it's going or how things are coming up. And thank you so much for sharing these ideas and these emerging pieces with me. Yeah. Thank you so much, Danielle.

This was really fun to talk through and think about, um, and just given the [01:00:00] timing of when this episode is going to release. Um, there will be a link in the show notes for people to learn more. If they're like, Ooh, I'm interested. Yeah. I want to come to this event. We'll definitely link to it in the show notes for people to learn a little bit more about it or the website and everything will be up by then.

So you guys can at least check my accountability and see what's going on there, but I'm Danielle, it was such a privilege to be coached by you today. Thank you so much. Thank you. Thanks for listening to this episode of coach to coach for any resources mentioned in the episode, check out the episode. Show notes at dr.

Katie linder.com/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.