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

If you think that becoming a coach might be a fit for your professional development goals, you can learn more about the coach training program or sign up for a 30 minute Q and a session with me to ask all of your questions@higheredcoaches.com cohorts begin in January, April, and June. And I'd love to have you join us.

Welcome the coach to coach a podcast dedicated to showcasing the power of coaching. I'm your host, dr. Katie Linder. And I offer coaching to academics and higher education professionals to bring more ease to their lives and work. Before you dive into this episode, here's a quick introduction to the structure of the show.

In each season of coach to coach a new guest coach will come on the show to demonstrate a range of coaching tools and strategies. The first episode we'll 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 the debrief episode where we'll talk about how the season went and offer any updates on the topics covered in earlier episodes. It might make the most sense to start each season in the beginning and listen to the episodes in order. This season, I'm delighted to introduce you to dr.

Danielle Barkley, a higher education professional and coach and 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 master's 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 the, your best life could look like.

Danielle. It's so good to see you. It's good to see you too, Katie. I am, uh, very excited for our final coaching session today, uh, where you are coaching me. So I'll go ahead and hand that it's over for sure. And you know, we're coming up to the end of October. It feels like there's been a journey of us recording the podcast and I'm sure a journey of things that has been happening for you in those first few months of autumn checking in with yourself and with me.

How do you feel today? Or what are some words or images that might be coming up for you as we get started, as we are recording this, it is literally the last day of October. Uh, so. I love month transitions of turning the calendar. And I love kind of the wrap-up stuff at the end of the month. I love the startup stuff at the beginning of the next month.

So I feel like the words or images that are coming to me are literally like turning the page because we're kind of turning the page. We just have one debrief episode left to record after this. So we're turning the page on the season of the show, you know, as we're coming to an end. And also, um, turning the page to a new month.

And I feel like this year, maybe more than any other, the turning the page on the calendar has had so much meaning like every single month that it's happened. Like we made it through another month of this really interesting year. So that's kind of where I'm at. Well, that sounds like a great place to begin.

What did you want to coach about today? So I was thinking it would be interesting, um, in this session, as I mentioned, we have, we're about to turn the calendar. We have a couple of months left of the year when the session comes out, though, it'll come out in mid December. And so I thought it would be helpful to coach around kind of a reflection for 2020.

Um, and, and at this point in the year, we've got a couple months left. Where am I at? Because there's a couple months left. What what's left on my plate for 2020 to kind of be thinking about, are there things that I want to like shift or emphasize more or prioritize more? And for folks who are listening to this, uh, in real time, maybe it's kind of a little bit of a coach along where some of the reflective questions could be helpful for people as they're wrapping up 2020.

And kind of thinking about, um, shifting into a new year, which is like a totally other transition that we're headed toward. Um, so yeah, I thought we could do some 20, 20 reflections. I would love to work on that with you today. And as you said, I think there's so many people listening to this who probably are in that similar place as well, and trying to take stock and make meaning out of a very interesting, yeah.

Yeah. We are holding space for everyone today who is listening, I think with this kind of session. And I think where I'd like to start is to go right back to the beginning. So if you think of yourself kind of at the start of 20, 20, or even late the previous year, as you were planning for it, what were some of your, your hopes and your aspirations for 2020 for yourself?

Oh, that is such a good question, Daniel. So when I think back December of 2019 was. Frantic because I was wrapping up one job, packing up our house, getting ready to move. We moved like the first week of January and I worked right up until the time that we moved. Um, and. I was also, I just remember this so vividly.

I was writing the last bits of the coach training manual, which ended up being like this 300 page document. It was basically a book. It was like the book that I wrote in 2019 for the coach training program. And I just remember like, Being surrounded by boxes, sitting on the couch, doing like these final edits and this coach training manual.

And trying to just get as far ahead as I could into 2020 so that the move would not be like a huge disruption to launching this program. And other kinds of things that I was launching in the 20, 20 January period. And so there was just this feeling of like, Closure of like leaving, leaving that job. And of course closing down the year, but also this kind of like rush, rush, rush of like, I have to get this done.

And it was very much with my future self in mind of your future self will. Thank you. If you can just get all this done now and not have it hanging over your head when you're in Kansas, you know, trying to unpack, trying to get settled in and, um, So that's kind of that's the place I was in was very much like in the mode of head down working, just trying to get a lot of stuff done.

Um, to try to clear the deck a little bit for the early part of 2020. And I mean, it almost seems silly to ask this question, given how many things have changed in 2020, but I think it's actually useful to kind of ask you to articulate a bit. How did your goals for yourself or your expectations of this year change as different pieces came up?

Well, I was very focused in quarter one. I do quarterly goal setting. So I, and I do like wrap ups and I can link to some of these in the show notes where I do kind of like quarter one wins in quarter two goals, and then quarter two wins in quarter three goals. So I kind of talk about this throughout the year in my blog and on the podcast.

And quarter one, I was really focused on transitioning into my new job. Like I wanted it to be successful. I wanted to feel like I was doing the best I could. You know, it's like this kind of clean slate, fresh start really wanted to hit the ground running with that and put a lot of focus and time and energy into that process.

And as quarter one, Was wrapping up that was when COVID was kind of starting to happen. And so I would say I didn't really shift focus until probably quarter two. When I started to realize like this necessitates some changes on my part, both with the work, from home situation. I think we all started to realize in April that this was going to be going on longer than we thought, you know, there was kind of a, a realism that kind of hit.

But the biggest changes I think happened around a very beginning of quarter one when I, or quarter two, rather in April, when I decided to do the yoga teacher training, um, that was like not on my radar at all. Uh, in January. I mean, I think I was hoping for a yoga practice and was not really expecting to do the deep dive that happened this year into yoga.

So that was a definite change. And I think that there's just a theme for 2020 of just embodiment in a more general way. Um, that the yoga really brought that in. I learned a lot about somatic coaching. I started teaching yoga now virtually to people one-on-one and so all of those things have really layered in.

This kind of depth to that area of my life that like did not exist. I mean, I was running a little bit and I was doing exercise and things like that, but it didn't feel as meaningful as some of these choices have felt. Um, and I think that part of it is definitely the work from home of just having a lot more control over my schedule.

And, um, even things like what I'm eating. Like it's just a lot easier for me to cook when I'm home during the day and things like that. So I feel like that's part of the change, the other big change. I think this year that was not entirely in my control as that my job shifted. Um, and I was shifted into a new role partially because of COVID.

I mean, and, and other things that have happened and people kind of shifting in and out of our organization. Um, and that was not something that I was expecting to happen. Um, Pretty much up until the time that it did happen. I mean, it was just like, it kind of caught me by surprise. That was squarely in quarter three.

So there's, there's been kind of big stuff. I mean, every quarter of this year has had something that's been kind of fundamentally changing how I think about myself, how I think about my work. Um, and yet, because it's like in this bigger package of like massive pandemic experience, I just feel like I'm rolling with the punches, you know, just, you know, it's fine, big changes, big life changing things like, it just feels kind of normal.

Um, so maybe COVID is kind of helping me to rationalize, you know, like these really massive changes because it's happening in the midst of something else that feels like even more massive. So it kind of brings everything down to size in a really interesting way. How do you think your perspective on those big, and it sounds like somewhat sudden changes might inform things that you're hoping to do in the remainder of the year or next year?

Well, I definitely think we talked about the yoga and planning retreat, which is happening in this remainder period of the end of the year. Um, I definitely have some plans to take kind of a creative retreat over the Thanksgiving, the U S Thanksgiving holiday and, um, start working toward like a 20, 21.

Vision of kind of what I'm thinking of doing, um, which I, I've kind of done a little bit of groundwork for that, but I need some concentrated time. So I'm also taking off a pretty significant chunk, at least right now, my plan is to take off a significant chunk in December, which would give me two or three weeks together to kind of do some work.

And I think that that's probably the biggest area. That will be impacted between now and the end of the year is just that time, that dedicated time and folks who've been listening or following me for awhile, know that it's, it's pretty common for me to do a creative retreat in December. And to have it be between like nine to 11 days or something like that, whatever, I can kind of string together with the holidays and my vacation time this year, it's going to be more extensive.

And I think it's going to allow me to. Really launch into 2021. Um, Feeling prepared, feeling like I that's, it's really what helps me to juggle all the things that I juggle is the pre-work that I do in that December period. So, um, fingers crossed that nothing disrupts that I feel like I should like knock on wood and, uh, sail the, the, um, the prayers.

I need to say that, that everything goes well with that, but. I think that that's, what's kind of on my mind. The other piece too, is there's a lot of, like with many of us who work in higher ed, there's quite a few unknowns right now at my institution. And I'll be honest, I'm kind of just trying not to focus on that.

Um, because it's, it's just not helpful and I, there's not a whole lot I can do and to try to like figure out next steps is, is not really something that's, uh, useful right now. I kind of just have to wait for more information to come my way before I can really understand, um, how, how, and whether that might change my role or my responsibilities.

Um, so I'm kind of setting that aside in some ways and thinking, well, maybe I'll know more in 2021. Um, and so the, the end of this year is I think really focused on wrapping things up in a way that feels good. Launching some new things with the retreat and then really trying to set up 20, 21 as best I can.

Yeah. And I think those, those are some interesting things to kind of pick up on. I'm really happy to hear that you've carved out that time for that creative retreat. And I'm curious, what are some of the questions you think you'll need to ask yourself during that time to get the most reflective quality from it and to set you up for 2021?

Oh, Danielle, that is such a good question. It's something I really need to sit with. I'm honestly not sure I can answer it now. Let me try. Let me try it, but I feel like it's one of those things that it's such a deep question that I need to maybe sit with it. Even after we talk, um, every, every year with this business that I have has been very different.

Like we have grown different programs financially. The revenue has grown over time. And it's really meant some significant shifts in my own identity and mindset around what we're doing. And some of that you could tie with like coaching development, you know, five years ago, I was not credentialed as a coach or even like the shifts I've made now, partially COVID related, partially not to like, not travel as much within the business, which a couple of years ago I was traveling like every month.

Um, and so it was just a lot. So I feel like some of the questions are around. What are the possibilities for 2021? Given the puzzle pieces that have kind of started to come together in 2020 around things like the yoga credential. Um, I haven't yet sat for my PMP exam, but fingers crossed. I will pass my PMP exam.

So I will have that credential. So there's kind of these like interesting layers that have been added in to my skillset, my identity during this year. And I can't like those things. Can't not affect the business, you know, like it, I bring things from those experiences into new product development, new service development.

The other piece of that for me is the question of what do I need support structure wise and kind of for my own development wise in 2021. And I've been thinking about this a lot lately, because I feel like in some ways, I kind of bootstrapped 2020 in terms of my professional development. Like I drove it.

I was really the one who was signing up for the classes, doing the learning, reading the books, doing the practice. And I've been feeling this need to have that be not completely handed off to someone else, but kind of like. Directed by someone else other than me. So whether that's like joining a mastermind or hiring a coach or getting some level of support, because I feel like I'm kind of getting to the point where I'm hitting a little bit of a ceiling that like, I need someone else to help me see the vision a little more clearly.

And not that always seeing a vision into the future for yourself. Should be easy. Like that's not really what I'm looking for, but there are elements of that that it's like, I might need a boost. Like I might need someone else to kind of open up some possibilities for me to kind of better understand what that looks like.

And I think that's what coaches do really well. So that's a possibility, but yeah, I've been just kind of looking around to try to figure out what that is like. Is it attending. Some kind of retreat, maybe late in 2021, if COVID calms down. And there's a possibility for me to do that, is it trying to connect with people in the yoga wellness space?

Because I don't really have a community there yet. You know, like there's a lot of questions for me about what that could look like and what I could pursue. Um, but that's another big reflective question I'm asking is just, I feel like there comes a point in your growth. In any part of your life. I mean, this does not just apply to owning a business where you just realize like, you're, maybe, maybe it's like, you're at a transition point or you're at a point where like, you're almost in your own way a little bit, and you need someone to kind of come clear that out and like help you get organized and kind of think about what are the right questions to be asking and that kind of thing.

Um, And I, I kind of feel like that's happening and it's hard to tell if it's just because it's at the end of 2020, and it's been a long year. It could be that the December retreat clear some of that out for me and things become a little more clear. Um, so yeah, that's kind of, what's coming to mind. Yeah. I mean, I think the question of, I would summarize it as, what do you need for 2021 is an incredibly powerful question and that lots of people could ask in lots of different contexts too, to get some of those pieces flowing.

I also want to come back to that theme of. Uncertainty that you articulated around that the not knowing. And it sounded like there was some, some comfort with the not knowing and the awareness of what might or might not be a productive space. Given some of this uncertainty. I'm wondering what does planning for 2021 or thinking about 20, 21?

How does that fit alongside the, you know, uncertainty around pieces? Well, I, it's interesting because I think in some ways how I plan for 2021 on my business side has quite a bit of certainty. You know, I usually plan an annual calendar. So I'm planning the full 12 months of 2021 in advance. I mean, I know when things will launch and that gives me a good sense of like content calendaring.

Social media support, you know, all the things. And, and that's why I work ahead so much. I try to basically do all of quarter one in December, so that it's like, I'm always ahead. Um, with a lot of the things that I'm producing and planning for. And in the past that served me incredibly well. Um, it's really helped me, like I said, to kind of juggle things and because I do so much client work outside of my day job, I don't have a lot of time to do that kind of strategic planning.

In the day-to-day. I mean, I really need to do it ahead of time and then just execute during the year. So I do feel like there's a huge part of my life that feels again, knock on wood, you know, like it feels relatively. Certain, and there's always stuff that comes up halfway through the year. Like, I didn't know this year that I was going to design blend by design.

Like I, that was not on my plan. Um, and yet here it is, I didn't know I was going to offer yoga and planning retreat. And yet here it is like these things come up, but the bigger questions of like the schedule for the coach training and, you know, those kinds of things I feel like are kind of answered for me.

Um, and I've already even done some of that work now. I mean, like that calendar is pretty much set for 2021. The stuff I think with, um, my job, I, I think you're right. That I, I do feel a sense of, um, call it relief, but almost like remove because it's like I don't have control over that. And I, by acknowledging that it allows me to kind of take a step back and look at it a little bit more objective, really.

And I think that some of the stuff that I've been reading lately in kind of the higher ed industry publications, People are just very upset and very emotional about their jobs and what's happening, you know, within the industry. And that makes total sense, you know, given everything that we've gone through.

And I don't know that that's the tack I want to take with thinking about my job and just feeling overwrought about, you know, what's happening. Um, And I, I want to be clear, like I'm not, you know, not sharing something, you know, that's like a big deal with my job. It's just, there's a lot of uncertainty in a general way.

That's kind of what I'm referring to. Um, and so I think that for me, it's just so much easier to like step back from that and remove myself from that. And it feels like a lot less drama, um, that I'm bringing into my life when it's like, yep, we're still kind of waiting on some next steps for something.

And we don't know when those next steps are going to come and. That's okay. That's okay. Like what do we want to do in the meantime? You know, it doesn't have to make everything feel like it's falling apart. I mean, I, I think that there's just a way to be. Removed from that, that's a kind of a coping mechanism and I think that's what you're picking up on.

Um, and it's working for me right now, so I'm kind of willing to go in that direction, but I would definitely say that part of what helps me do that and what balances it out is that I have certainty in other parts of my life. And so I can kind of lean into that and let these other things just kind of happen in whatever way they're going to happen.

I think for many of us who might be listening or are following along, maybe that question of where is their certainty, whereas their uncertainty, where can I create certainty might be a beautiful way to be thinking about the end of this year and the transition into the next, because that piece about balance really speaks to me.

No one can be in a state of complete uncertainty. But if we can find some space of agency or a locus of control, we can tolerate the uncertainty. Yeah, absolutely. This is, this is actually like a section of the retreat I'm leading. There is a section called certainty and uncertainty where we are talking about this in 2021 and trying to figure out what a certain and what is not.

And I feel like it's almost like, um, like a negativity bias or something. Like we kind of lean into the uncertainty more than we lead into the certainty. Like I think sometimes it's harder for us to see the things that feel certain because we're taking them for granted or, you know, whatever it may be.

Um, or we're just distracted by the things that feel really scary and uncertain. And so I do feel like there is this need to like lean into that, you know, like if there are things that feel certain. Whether those things are like your values, you know, like that you have certainty that you can kind of fall back on in terms of what you really care about and want to prioritize your family.

You know, like there's a lot of things that could potentially be certain, and I find those things very comforting. So, um, I'm putting, I think, you know, back to your question about the end of the year, I'm leaning into that. I mean, that's definitely something that I'm leaning into in November and December of this year.

And heading into 2021. What do you know for sure about yourself, about who you want to be about where this is going? Hmm. I don't know that there's, I mean, even all this talk of certainty, I feel like that's different than knowing for sure. That's so interesting to like, think of those things comparatively with each other.

Cause I don't necessarily think they're the same thing. Um, and I feel like if we've learned anything in 2020, like, is there anything that we know for sure. It's just been one interesting thing after another. Um, I mean, I think that I could probably say. That I feel, I still feel a lot of sureness around the concept of radical self-trust, which I feel like has been a quieter part of my business this year in some ways, but it's still very much tied with the work I've been doing, um, in terms of embodiment and kind of my own personal growth.

I've still been really thinking about those concepts a lot and. Starting to look at them in new and different ways and kind of different angles of what that could be in the future. And so that's definitely something, um, that I think will continue into 2021 in terms of my exploration of those concepts.

And also just my own, my own attempts to be more self-aware and. So I would also get, I guess, say self-reliant, I mean, really trying to think about 2020 for me. I mean, there was this point in probably April or may where I thought, where do I want to come out on the other side of this? Like, I really want this to be.

A somewhat positive experience. If I can make it that, like what can I do? What do I have control over? Which led to the yoga training, which led to the PMP credentialing. Like that's really where my head was at, was like, I do have control over this time and I can. Create positivity where things feel hard.

So that kind of attitude, I think, is something that will continue into 2021 because I do expect it to continue to be a challenging time for a number of reasons. And I think that I just have a lot of trust in my own abilities to figure stuff out and kind of come out on the other side in a way that may not be perfect, but.

Is okay. You know, like we're where things are fine. And I, I do have a lot of trust that kind of things work themselves out in the way that they're supposed to. So, um, that's something that feels kind of sure for me about the coming year. Yeah. And I think to be able to be in that space after some of these tumultuous times, and some of these surprises is really quite powerful.

When we got started, you spoke about both the looking ahead and then also, you know, recalling that as we're recording, we still have a full two months left of, of 2020. And I think it's telling that I was like, let's go to next year right away. Um, but I wanna make sure we make space for November and December as well as you think about what's left of 2020.

Are there things you either want to finish or want to begin? That you think will set you up for success or a sense of completion? Well, I think the finishing is the PMP exam because I'm right smack in the middle of studying for that. And so that will feel like a form of kind of closure and moving into a next phase of that.

If I pass that and kind of earn that credential, because I do think that I have some pretty concrete ideas at this point of something I want to develop in 2021, that, that. Kind of credibility is going to help me. Um, I think to develop something so that to me is a finish, um, There's also a sense of finishing around several of the coach training courses that are wrapping up the I'm about to start around, um, as we're recording this literally tomorrow of my group coaching program, seven weeks to radical self-trust and that will wrap up before the end of the calendar year.

So there's quite a bit of programming that's happening, um, in the next couple of months, that is going to keep me busy in terms of, um, working with clients, the. Retreat time is also kind of a definite thing that I'm thinking of in terms of, it's kind of like a transition of finishing and starting, because I think, um, there's just a lot that I want to accomplish during that period of time, including rest.

I mean, I love it to be clear. I think I just want to have some days where I'm like reading on the couch or binge-watching, you know, whatever show. So there's a need for me to kind of, um, have a little bit of a reset, you know, where I'm I'm. Really able to spend some really decent solitude time and work time, um, which is just my happy place and string together several days where I can do that.

So that's, that's definitely something the retreats which we talked about, um, which are happening one before the end of the year one, literally on January one. Um, and then I think in terms of starting. I recently started my second phase of, of yoga teacher training. I just announced which I can link in the shownotes one-on-one yoga, uh, sessions with individual clients.

Um, that feels like a big starting to me of, of just like it's a deepening, but it's also like a next phase where I'm starting to be a little bit more public about doing that teaching and. More actively trying to just gain experience in an area that is similar to coaching. You have to do it in order to really gain that confidence and that knowledge of like, who are you as a coach?

Who are you as a yoga teacher? And so that's something that feels like it's starting right now and like through the end of the year, um,

it's just. I well, the other thing that's kind of occurring to me in a more abstract way is just how much I enjoy that clean slate feeling. And every year I get a lot of energy in January. Like I, for new projects for starting new exercise, like whatever it is, like, I just have a launching pad and it usually takes me through the end of quarter one.

So that's something that's kind of on my mind. Um, and the other thing that could be starting. I don't know, Danielle, I really don't know the answer to this question, but I have this idea for the next book that I might want to write. And I've just been kind of like nurturing it. I feel like it's like a little bird in a nest and I'm just like holding the nest, letting it kind of like figure itself out.

Um, but that could be something, you know, like if, if that boost in January, Isn't going elsewhere. It might be going to a book manuscript, which always feels exciting. And it's been about a year since I've worked on something like that. So that's waiting in the wings. I posted on social media the other day that I felt like I had all these ideas, but I didn't know the order in which they should be executed.

And that's one of them. So, um, I think there's going to be a lot of starting in 2021. Hopefully some finishes in there too, but a lot of things kind of launching and trying things out and seeing what works. Yeah. And I think, you know, knowing that, that pattern of like the rebirth third, the reinvigoration that you typically experience at that time of year is, is really powerful.

That point about, you know, figuring out the sequence of these things. Cause it sounds like you have no shortage of possibilities and ideas. What do you think might support you in helping to figure out what you want to do in what order? Or does that feel important right now? I mean, it kind of feels important.

I mean, I think what I've been kind of thinking about lately is just enjoying the feeling of having the ideas. I, there was definitely a period of 2020, probably for many of us that felt like a dry spell for some people may continue to feel like a dry spell where it's like, you're just trying to get through and.

So creativity has been kind of, I've had an interesting relationship with creativity in 2020, I would say. And I think that's in part why I have turned 2020 for me into such an input period versus like an output period. I feel like in previous years I've been out putting a lot of, you know, like books and programs and things like that.

In 2020, I really switched the other direction and was taking in a lot of information. So I think 20, 21 will be a transition back potentially to being an output year and really thinking about how to process the information I've learned in a way that's helpful for clients and other people that I work with.

Um, so I mean, there's definitely a sense of like sequencing in terms of strategy, but also I have a very real. Feeling of like following where the energy is for those things. And just kind of letting myself ease my way into those creative projects in. So like, if one is just like feeling really on fire doing it, I mean, and not really thinking too hard about is it the right one at the right time, but just letting it happen and, and creating it and launching and kind of seeing what happens with it.

So I would say there's probably two or three things on my mind that feel kind of bigger. For 2021, um, that I don't think they're competing with each other, but I think that I need to kind of think carefully about my own energy and where I wanted to go and how it's laying the groundwork for things even into like 20, 22 or 2023.

And that element of surprise, right? That is you saw in this past year, probably different opportunities will come up and things that you may not even know now are going to bubble up over the course of the next 12 to 14 months. Sure. I think that that's, um, absolutely possible. I think it's likely that, and I could see that happening in various areas of my life, including my job.

So I think that there's a lot of, um, Flexibility then I'm like holding space for, of just kind of seeing what happens and being a little bit more reactive. And so using the, the November December period to be very planful so that I can be more nimble, reactive, flexible in the months to come in 2021. And we've been talking, talking about planning.

We've been talking about reflection, which I feel like are two very organic concepts from where we started. I want to bring in a third concept, which is celebration, right? As you take stock of this year and somethings that happens or the way in which they happened. What do you want to celebrate about 2020 or about yourself in 2020?

I feel like the Pat answer is like we survived it. Um, I feel like that's how a lot of people are feeling. Um, but I, I, to kind of take it back to what I was mentioning earlier about 2020, like wanting to come out on the other side with kind of a positive outcome and like, what does that mean for me this year?

I feel like a big celebration for me is that I can look back on 2020, I think even like five years from now. And I can associate it with some really positive things that have happened in my life. Um, changing jobs, moving. There's a lot of things I did this year with like digital planning, which was kind of cool to really transition into those tools, um, stuff around the business, around launching the coach training, which has been so enriching to my life, the yoga stuff.

I mean, there's just a lot. I can, I have like an abundance of things that have come my way or that somehow got executed in 2020. And I feel like that's a huge celebration that I can not have this year be completely overshadowed by a lot of disruption, a lot of challenging things. And I do feel like with some of the things, um, and I've talked about this in other spaces, even around kind of the social justice issues and other kinds of things that came up this year that continue, and that are, are still kind of really challenging.

There was a lot of, kind of making lemons, lemonade out of lemons, you know, like trying to kind of use that as a learning opportunity as an opportunity to give back as an opportunity to do various forms of activism, you know? Um, as I define that, you know, like, so I think that there's, there was a lot of learning for me this year about my capacity to respond.

In ways that were ultimately aligned with my values and something that I felt like I could be proud of. And I feel like there was a lot of different quotes and things out there that basically say we don't have control necessarily about what happens to us, but we have control about how we respond to what happens to us.

And I feel like that's a big part of resilience as a practice is taking a very thoughtful response. You know, in terms of how you want to engage with something and, and those things are not always entirely in our control. So I should say that, but for the things that were in my control, I feel like I was just very thoughtful this year.

Very intentional, very purposeful. And those choices have like very positive kind of longer-term consequences. Um, And I'm just like really, that's what I'm celebrating. Like that's that I have so much gratitude about that. I have so much gratitude about the ability that I had and the resources that I had to make.

Some of the choices that I did this year in terms of my own professional and personal development. Um, and the space that was given to me through things like working from home, uh, that have allowed me to better understand myself and what my own needs and values are as I move forward. I think that's, that's incredibly powerful and using that language of abundance, you know, I've said, and I've heard people say 20, 20 was a lot, and we often use a lot with, you know, Steve, these connotations and some of the things I think that you're speaking to.

And yet I think it's also worth reflecting on, you know, where was that a lot in this beneficial, how did that show up? As you think about the remaining months of 2020, and leading into that planning phase and that sort of period of it sounds like energy that you're anticipating, sir. Anything else that feels important for you to reflect on or to spend some time sitting with.

I think that I feel a shift

in for like 2020 for me in terms of kind of my, if, when I did have output, like on the podcast, the blog, things like that, I was really just trying to process what was happening. Like I feel like I was just putting stuff out there that was like, Sharing things like to do lists talking about my goals, you know, really trying to just process and reflect on my own situation in a public way, in a way that was documenting what was happening and that maybe it was helpful to other people, but it wasn't necessarily as planful as it probably could be in terms of how am I really serving my audience with this content.

It was in some ways I felt more for me than for them. I feel like in 2021, I'm feeling a shift in the other direction. Like, I feel like I have the capacity to switch that around and say, I use this time kind of this input period and this processing period. And now I can kind of turn and shift and go back to my audience and say, how, how can I serve you?

Like, what are the things that I have now that are really going to be. Unique and special in some ways, um, to create spaces that people might need. And I'm feeling a lot of, um,

energy maybe is not the right word, kind of a calling like I'm feeling a little bit of a calling toward creating very specific kinds of community. And I have some ideas of what that could look like. I'm not sure it's going to happen in 2021. Maybe it's beyond that. But like the retreat is kind of a good example of like moving in that direction and like creating those kinds of communal space for people to do processing and planning and forward-thinking and embodiment work together and maybe post COVID.

This is something that happens. Face-to-face like in a more face-to-face retreat setting. But that's something that I feel like is a bit of a shift in focus. Um, and I do feel like I've done that in previous years, 2020 feels a little bit like an anomaly where I've really had to do a lot of like inward work, um, to transition or like graduate into the next level of what I'm trying to do.

And I don't feel like it's done yet. I feel like I'm still very much in the middle of it, but there is this sense of like shifting focus. And kind of going back to more of an audience focus, um, which I feel like there's just kind of an ebb and flow of that when your business is tied to like your own self-development, which I do feel like minus.

So that's, that's what occurs to me from your question. Yep. And I think that that's important, right. To be attuned to those rhythms. And speaking back to that point of book self-awareness and it sounds like one of the things that's come up in our conversation was this kind of deepening self-awareness and self knowledge that's come up for you this past year.

Yeah. I would agree with that. I think that there's. It's so it's like, one of the things I've been reflecting on recently is this practice of morning pages and journaling. And, um, I've been doing it for like a year and a half at this point. And it's very simple, you know, it's, it's very, um, Routine. I mean, it's just, you know, something that I do every morning, but I think it lays the groundwork for some of this kind of self-awareness reflective work that's happening on a higher level because I'm able to process so consistently what I'm thinking and kind of what's happening.

So what, one of the things that kind of came out of this year was a lot more deeper reflection on the concept of life practices, which I've talked about in other spaces and can link to in the show notes. And, um, there's something there about like, it's not just that there's things that have like stood out in 2020 or been like really special in 2020, but there's also kind of this set of rhythms.

That's just like, it was always there. In terms of routines that are kind of shoring up these larger changes that are potentially happening or transitions or shifts. So that's also interesting to think about, and it's the stuff that I think a lot of people would say is kind of boring, but it's also like crucial to this work.

Well, and I'm reminded of this is sort of been a theme in some of our conversations, uh, the notion of practices, right? The, the, the consistency, the returning to something in a consistent, and maybe sometimes not particularly spectacular way. And you know, if we think about 20, 20 as well, where I think a lot of it was turning in word, thinking about what might be accessible.

Um, in more private or more home-based spaces, I think there's something really deeply there about practices and consistency and continuity. yeah, I would agree with that. Well, it seems to me that that might be a good place to pause and wrap up in terms of some of the things that you've surfaced around end of year and moving into the next year.

Is there anything else that you want to add or share before we wrap up? I guess I would just say, because we have an audience for the session. If you're listening to this and you're thinking. I just don't have any clarity on this past year yet. I don't know what I'm taking away from it. I don't feel like I can reflect on it.

I'm just not in that place. That is okay. You know, like as someone who is a highly reflective person, reflection is a practice to go back to your point, Danielle, like I do this all the time and as an introvert, it's, you know, I feel like it's just a part of my personality, but I don't anticipate that everybody's going to be able to.

Engage in this level of reflection in the middle of what is still a very traumatic period. And I think that this is helpful to me as a tool, which is why I do it. I don't think it's helpful for everyone. So, um, I would just say, you know, go with your instincts on this. If you're like, I don't think reflection is going to help me right now, don't do it.

But if there were questions from this episode that. Were resonating with you that felt meaningful for you, you know, take a moment and do some journaling or talk it out with your partner or a friend or, or someone in your family. And just kind of be thinking about it because we all have different coping strategies and we are all in entirely different places in terms of processing 2020.

Um, and I do think that this end of the year transition is a good time to kind of wrap some things up and maybe even consider. What do you want to leave behind? Like, what are things that you can shed that 2021 is a new year, new day, new possibilities. And I know that's something I'll be reflecting on too.

Like what, what, from this year, do I need to leave behind in terms of mindsets or other kinds of things that I just think aren't serving me anymore. Maybe they serve me at one time, but I need to let them go as I move forward. Yeah. I would echo that too. I think the. The January 1st can be and is somewhat arbitrary.

So for many people who might still very much be in the middle of the thing that is coming up, maybe this is not the moment to kind of see it as an end point. And if this is a mid point or a starting point, uh, those are okay. Places to be as well. Yeah. Yeah. Well, thank you very much for sharing these pieces today.

Um, I know it's given me some things for myself to think about as well as we come to the end and as always, these are great conversations. Yeah. Thank you, Danielle. I really enjoy this.

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