**YGT episode 217**

You're listening to, you've got this episode 217. Welcome to you. You've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life. I'm your host, Dr. Katie Linder on this episode code, I am so excited to share with you some of the upcoming services and programs that I have in 2021.

Now, some of these things, if you've been hanging around for a while, are not going to be entirely new, but I do have some new programs and services that I'm adding in. Okay. And I have some new aspects of existing programs and services that I wanted to make sure and talk about. So anything that I can link to in the show notes, I will link to in the show notes, if there's anything that you want to check out and look at, um, into the future, as you're thinking about your own 20, 21 plans, and also you can always contact me if you have any questions.

So to kick off 2021. First, I have a virtual retreat. Now this is something that I've already talked about. It is happening in December as well. And, um, at the timing of when this episode is going to be released, you can definitely still sign up for both. Slots the January one is the first and 2nd of January.

So it is the perfect timing to start to do some planning for the new year, if you want to join in. And, um, I just actually sent out the, um, kind of materials and workbook and everything to everyone who's currently signed up today. And it was so fun to send that email out. So, um, if you want to learn more about that, um, I'll link to it on the, in the show notes, but this is a virtual retreat that I created this year to really help us to reflect on 2020.

Think forward into 2021 with intention and it's called deeply rooted so that we can be deeply rooted in our values and our intentions. And I could not be more excited. Now the other thing that I'm continuing into 2021 is my online community called prolific. Now this is a community that I have just had so much fun with this year, and there are several aspects of it that are going to stay that people really love.

A couple of them include. Um, we have monthly meetings that are goals and intention setting events. And those are meetings that happen kind of toward the beginning of each month. And I have just gotten such incredible feedback about that event. People, if they can't make the live event, they watch the recording and they just really like starting out the month with kind of a plan.

And then the other thing people have given me incredible feedback about are the writing retreats that we do. And these are kind of more like creative retreats because not everybody is writing. But a lot of people show up with like revise and resubmits for articles or book proposals, things that they're working on.

And those are going to be hosted throughout the summer and into the fall. Um, I've added more of them. We used to just do them in the summer and people really enjoy them. So we're going to have at least five of those in 2021. Now those events in case you you're kind of unfamiliar. Um, it's basically just a day where we set aside time to do a project that we really care about.

So for, for many of us academics, this means something to do with writing. Um, but we come in the beginning of the day and we check in on zoom and we say what we're going to be working on. And then we all go off for a couple of hours and do work on the thing. And then we come back in and check in throughout the day.

So you end up getting three, two hour work blocks in this virtual retreat, and then you can kind of come back and forth and talk with the group. Now, some people stay for the whole thing. Some people stay for half whatever they can do. Um, but I, again, I just got such incredible feedback on this that we're going to continue to do it.

But what I am really excited about within the prolific community is a new, weekly planning session that I'm adding. Yes, this is going to happen every week on Sunday nights. And one of the things that I hear the most from my clients in the past year is they really feel like if they don't get their weekly planning in everything kind of falls apart, um, and they don't hit.

The goals that they had for the week, they have a really hard time staying organized. So we are going to have a live weekly planning session every Sunday night that you can join in and really kind of think about intentionally. What do you want to get done that week and plan out your schedule, plan out your to-do list.

I'm really excited. So all of this is happening in prolific plus there's some other events that I'm just not mentioning here. We also do weekly accountability. Check-ins, there's all kinds of things that are part of the community. And I would love to have you join us. I will link to this in the show notes.

Um, currently prolific pricing is not going to change it's nine 99 a month or it's nine, nine 99 99 for the entire year. So for less than a hundred dollars, you had all these incredible events. It really is just an incredible community. And I look forward to every single time that I get to get together with all of these amazing people there.

Okay. So the other things that are sticking around for 2021 slow hustle, which is my business building mastermind is going to start in January. And, um, right now I'm, I'm starting to kind of onboard and enroll people into this program. It is going to stay with being monthly meetings. We're going to continue to have accountability sessions in between the meetings.

So those are things that have always been a part of the program, but what I'm adding in based on previous years, participants requests. Is a working group session every month. So people said we would love to get together in between the meetings for a couple of hours and just knock off the, to do's we have for our businesses.

Can we do that? And I said, absolutely. So we're going to schedule in some extra working group sessions for that group, and it's really meant to help you make progress. If you're trying to build a business or grow a business that already exists, this might be a program to take a look at. There are folks who are in this program who are doing side hustles.

There's also folks in this program who are trying to build something that they can then leave academia, um, or leave their full-time job to be in their businesses. So there's a really wide range of who's in this program. So again, link to it in the show notes. If you have any questions, feel free to reach out to me.

No, of course, you know that I'm going to continue to run coach training and I'm going to try and add a cohort that's going to onboard in April. So normally we onboard cohorts in January and June and in this past year they were full. And so I wanted to add a third cohort, um, to just allow for a little bit of growth.

If there was more people who wanted to come into this training, I don't ever want to turn anyone away because as far as I know, this is kind of the only coach training. Built entirely for higher education professionals who are working in the higher education industry. Um, so this is something that has its own website, higher ed coaches.com.

And I run these trainings throughout the year. There's multiple opportunities, as I said, to kind of onboard into these trainings. And this really has been the most grounding centering. Process for me in the past year to have these trainings and to be working with these coaches. I'm so grateful that I had this in 2020.

I'm super excited to continue it into 2021. Right now I'm planning on offering, um, at least one more session of my seven weeks to radical self-trust, which is a group coaching program that will be in March. The waiting list is currently on the website and why I said it at least one more session is I'm con I'm considering taking this program and building in kind of some yoga aspects, or maybe pausing it to do a little bit of redesign with it.

Um, so I'm, I'm kind of thinking about that. I'm not quite sure what the next direction. But, um, this would be the kind of, at least one more opportunity to take it and its current state. And again, one of the programs that I just love to run. So if you're interested, go ahead and add onto the waiting list.

That's on the website. Now there's also some new stuff coming. And so I wanted to mention that as well. So I have a new, um, coaching package, a couple new coaching packages, actually that I'm introducing in 2021. And I mentioned these in my December monthly newsletter. So if you get that, you'll already know.

So the new packages include what I'm calling a VIP day. So this is basically a package where you can book an entire day with me. Um, to do coaching all day long, and then we do six months of monthly follow-up sessions. Now this is, um, basically something that came out of clients saying, I really need a day for like strategic planning or I need a day to get like organized on a big project.

So some of the project management work that I've been doing is really kind of getting tied into this. Um, but this is for people who really need like a good amount of time and they want it all together in one day. So it's almost kind of like a mini retreat that we build together and we come together for like a planning session.

That's part of the package to decide what we're doing on that day. And then again, there's six months of followup there. So this is a package that's not currently on my website. It'll be on my website in a couple of weeks. Um, but if you're interested, feel free to email me directly and we can talk about it.

The second coaching package that I'm adding is basically kind of an add on to my current coaching packages, which is that you can incorporate yoga into the coaching packages. So right now my coaching sessions are 60 minutes and in the yoga package, it would be a 90 minute session. And you would have the option of doing 30 minutes of yoga either to start the session or to close out the session.

And so that would be something that again, would be just an add on to kind of the basic coaching package that I have. And, um, I've just really enjoyed doing the one-on-one, um, yoga sessions with people who are kind of in my, um, prolific community and, and who are receiving the newsletter and who signed up to do yoga with me.

So I wanted to offer that as a possible new, um, uh, coaching option. Now I also mentioned in that newsletter that my coaching rates are actually going to go up in 2021. And, um, this is actually a great time if you're listening to this and you've been thinking, yes, I know I wanted to do coaching with Katie, do it now because you can lock in the current rates.

Um, and I'm going to be raising both packages for my succession in my 12th session by about $300 a piece. So, um, it's just something to keep in mind. Okay. Partly, this is because, um, I am really having less time to do coaching, but more importantly it's because my experience with coaching has increased significantly in the past couple of years.

And I haven't really raised rates, um, since I began coaching in the beginning. So this is kind of a standard practice in terms of just coaches over time as they build experience. And I also upped my credential level this year. And so that's really impacting this decision as well. Now I'm going to continue to offer some free one-on-one yoga sessions.

Again, I'll link to that in the show notes. If you want to schedule one with me, these are just 60 minute sessions where I really design a personalized practice based on whatever the person wants, who signed up. You fill in a little bit of information before you come. Just so I have a sense of what you're thinking about.

And then when we come into the actual session itself, I ask a couple of questions and we set an intention together for the session and then practice together. Um, I've loved these. They've been so fun and they work great. Even if you have no idea what you're doing, when it comes to yoga, I can do really kind of easy restorative sessions that are just incredibly relaxing.

And, um, I've just had a really great time. So I'll put that in the show notes as well. Now, the other thing that I mentioned, um, in a previous episode is that I have something new coming around, project management, and I already had people reach out to me after that episode and say, what is this? Tell me more.

And the short answer is, I don't know yet. I'm still trying to figure it out. It does involve me asking some questions, um, around. Licensing some content from, um, the folks that do the PMP. And I'm still kind of trying to figure out some information about what exactly I want to do, but I'm going to go ahead and put a waiting list for this in the show notes.

So if you know that you're interested in some kind of project management programming, and you really want to be alerted when, um, this is going to be coming out, go ahead and add yourself to the waiting list. And I'll just make sure that you know about it. Okay. The other thing that I'm really thinking about for this, just to kind of plant the seed now is that this would be a program that would work well for individuals, but it would also be something that I'm really thinking about for teams.

And so if you are someone who's leading a team and wanting that team to have better project management skills, um, this might be something for you to consider. So again, more information is going to be coming on this probably in quarter one of 2021. Um, but I'm actively thinking about it and working on it.

And I'm probably going to do some preliminary. Uh, work on this in the winter break that is coming up for me. So that is just a little bit of what that is coming in 2021. If you've been following me for a while, you know, there's always a couple of surprises throughout the year in terms of the things that I create and launch, but I'm also starting to see some stability in these programs and services, which is amazing.

And I like to be able to offer things on a consistent basis so that you have a sense of what's coming and you can plan ahead, um, make sure that these things are on your calendar. If you're interested in joining in with any of these services or programs, So please do feel free to get in touch. If you have any questions about anything that I talked about today, you can always email me at hello at Dr.

Katie linder.com. You can tweet to me at Katie double underscore Linder. You can connect with me on Instagram at Katie underscore lender. Any way you contact me. I always love to hear from you. Thanks for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Dr.

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