**YGT episode 246**

You're listening to, you've got this episode 2 46. 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. I'm your host, Dr. Katie Linder. On this episode, I'm going to talk about my restful July plans.

And if you have been around for a while, you know that every year in July, I take time off of content creator. And the goal, uh, for me is to get a bit of a creative refresh and just to be able to kind of take a break, revisit some things that I'm doing with my content and decide if there are any changes I want to make.

But usually it's really just to give myself a little bit of a creative, uh, rest. And in the past, um, there have been some changes that I've made in July around, you know, like retiring podcasts or. Um, you know, moving some things around in terms of what I'm creating, um, and putting my, where I'm putting my creative energy.

And so it's just a good opportunity for me to kind of just. Look at everything and not be creating at the same time, then trying to kind of take a break and take a look at things. So this July is no different. I am going to take a restful July, which means you are going to hear from me again on the podcast on August 4th.

And then you'll see me again on the blog on August 6th. So, um, you see all of that go a little bit blank. That's why. And I thought I would just share a little, but in this episode about how I'm planning to spend my July and some of the things that I know I'm going to be working on. Um, and then I will, of course come back and update and do a debrief in early August to share how everything went.

And of course, I would love to hear if you were doing anything like this. I think summer is a really great time. Um, and I chose this initially because what I noticed was a lot of my clients and people who kind of listen to the podcast, they're all going on vacation during June, July. Like they're not necessarily paying attention to my content.

So, this is actually a really great time for me to take a break because a lot of other people are taking a break. And, um, that works for me to do that. Um, here are some things that I'm planning to spend my time on in July with the little bit of extra time that I'm going to have back, uh, from not doing more podcast, podcasting and blogging.

So the first thing is that I am going to finish the change management certificate that I have been working on. I am now four classes into the six. Sequence. And, um, basically how the classes work is they're open for about two weeks and then you switch immediately into the next class. And what I have found that really works for me with this particular certificate is that within the first three days or so that the class opens, I block out like a half day.

And I try to get through as much of the material as possible. And usually there's, uh, several videos to watch. There might be some short readings to do. And then there are a couple of discussion boards, maybe a quiz or two, and then there's usually like what they call a final project. And it's usually in multiple parts.

And so you kind of work through the parts of the project as you're going through the course material. And I have found that it usually takes me between three and five hours to kind of work through everything. And at least for me, it's been helpful to do that. Not necessarily breaking it up into small pieces, but just to kind of go for it and get it all done in one chunk.

So the next classes, um, that I have for this because of the two week increments, they're both going to open in July. And my goal is to just go ahead and block the time and get the classes done. Now, what I'm really enjoying about this particular certificate is it is giving me some ideas of things that I want to keep learning about, um, as it relates to change management, but it's also really allowing me to apply what I already know, um, and kind of connect it to different theories and methodologies that maybe I hadn't kind of formally learned in the past, but I know that I'm using.

Things in my current role. Um, and so I'm able to make a ton of connections, so I've really been enjoying it, but I also have a ton of books on change management and organizational development that I've picked up that I would love to do some reading in as well. So that's definitely what I'll be looking at, maybe after this certificate is done, but my goal is to finish the actual coursework for it in June.

Now, the next thing that I'm going to be working on is a goals refresh for the second half of 2021. And I think July of course, is the perfect time to do this because we're halfway through the year. And I do use my power sheets for this it's built in, um, The power sheets planner that I use, they do have kind of a quarterly refresh that allows you to go back in and kind of revisit your goals.

It's actually one of my favorite things that I like about this product is that they don't expect you to have one set of annual goals that you're just going to keep for the whole year. Now, I also have my list of 21 goals for 2021. And this is actually a great time for me to revisit those as well. So I'm going to go back in.

See if there's anything in there that I want to remove, change, adjust. Um, and I already know there's some stuff that I'm definitely going to be changing. So I'm going to update on that when I come back in August and I'm going to share a little bit about why I'm changing some of those goals, how I made that decision and, um, just how I'm feeling about it.

Because I think sometimes people feel. Different emotions around changing goals, or maybe they'll think that they're like giving up on a goal or something like that. I tend to just see goals as being very, um, evolutionary. They, they kind of change over time, so I don't really mind what I have to do this kind of update.

And actually I really look forward to it. So I'm excited to do my goals refresh, um, for the second half of the year. And again, I'll share a little bit more about that, uh, in August. Now the other thing that has recently come up that I wasn't necessarily expecting to do in July, but I am so happy that I get to do in July is I found out just a couple of days ago as I'm recording this, that my coach training program has indeed been accredited.

And along with that, accreditation came a ton of materials that I need to look through about how I can use. Uh, the branding, how I can talk about the accreditation on my website. Um, and I need to look through all of those materials and kind of make sure. In compliance with all the things I need to do with that.

Um, and I need to update all of the people in the coach training programs. If you're listening to this email coming your way soon, um, I want to update them on what the accreditation means for them. And then I have progress reports that I keep for each of the people in the program. So I'm going to send them an updated progress report and kind of give them a personalized rundown of what does it mean for them based on where they are in the program.

So that is something that I'm hoping to get done in July. Because again, as I record this, it's just the tail end of June just found out this news. I'm very excited that the program is accredited. Um, and so I'm going to have to take next steps for that. So that's going to happen in the month of July and that's actually probably a pretty good chunk of time that I need to spend on that.

Um, that's probably one of my more, uh, priority projects that I'm thinking about. Now, the other thing that I am really looking forward to doing in July is contributing more to my summer reading goal. And, uh, I decided I was going to try to push and try to read 50 books over the summer. And I had read, I think 53.

Uh, when I, when I started in June, I was able to add about 15 books in June, which is kind of keeping me roughly on track with what I need to do. And I would like to read 15 more books in July. Now, what I am noticing in my patterns for the year with my reading is I am reading a ton of nonfiction. I am not sure what exactly it is.

That's kind of drawing me into all the nonfiction. Um, but I've been having a hard time just kind of focusing on novels, like. I kind of think I want to read one, but then I opened it up and I'm having kind of a hard time getting into it. And, um, so I've just been like leaning into the non-fiction and, and saying that's okay for now, you know, go ahead and just read the stuff that you're kind of interested in.

So, um, I've been reading a lot of books recently on mindfulness meditation, um, and that's kind of been tightened with wrapping up my yoga teacher training and meditation. Which has been, um, again, something really fun that I've been working on in the early part of the summer, but I want to try to shift my attention in July, back toward fiction if I can.

So I have a few ideas of where I want to start with that. One of my annual goals for this year was to finish a series that I really enjoy a mystery series. And I have not made hardly any progress on that at all. So I'm thinking I may start there. But I've also downloaded a bunch of really fun, you know, fiction eBooks that I want to dive into.

And so I'm really hoping to get kind of some chunks of time in July, where I can just sit and read for an afternoon. And that's really my favorite way to make progress on these kinds of goals is just to devote a good chunk of time to it. So really looking forward to that in July as well. So those are kind of the main things that I'm going to be working on.

Um, I've got the change management certificate. I've got the coach training, kind of refresh on my website and with the participants. I'm going to do a goals refresh for the second half of the year. And then I'm just going to get in a ton of reading. And I would love to hear what you're going to be doing in July.

Feel free to shoot me an email. You can always email me at hello at Dr. Katie linder.com. Um, and share with me how you're resting, how you're kind of building in time for a little bit of a reset this summer. Um, I can always use more ideas of how to do that. And I always love to hear from listeners. So I hope you'll have some really fun things planned for July as well.

I will certainly be thinking all of, all of you as I am taking my break, but I will plan to be back in August. And I will say I spent a little bit of time a couple of days ago kind of planning out my content for the remainder of the calendar year, just to kind of get ahead and think about what I wanted to, to record episodes about and blog about.

And I think there's going to be some really, really fun topics coming up. So hang in there and I will plan to see you back here in August. 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. Katie linder.com/podcast.

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Okay.