You're listening to, you've got this episode number 295. Welcome to you've. Got this a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day to day demands of an academic life. I'm your host, Dr. Katie Linder. On this episode, I thought I would offer a debrief of my restful July, given that I just took the month off of content creation.

And I wanted to give you an update on all the things that I focused on instead of creating new blog and podcast content. And, uh, it was actually really nice to take a break. Just like with anything that you have as kind of a regular routine or a schedule. Sometimes you have to take a break just to kind of check in with yourself, see how it's going and take a breather, get some rest.

And so I was actually able to do quite a few things in the month of July with the extra time that I gained back from not working on content for the month. Um, the first thing that I had talked about. In my plans for July was that I wanted to get the slow hustle, um, program like webpage relaunched, and I was able to do that.

So I'll drop a link to that in the show notes, if you're interested. But this is a program that I was thinking of doing, uh, in this next year, 2023. I took a break in 2022, and I wanna bring it back because a lot of people have been talking with me about it. But in order to do that, I also had to do my 20, 23 calendar planning out the entire year for my business services and events.

And I actually was able to do that over the month of July. And that felt amazing to get all of that planning done. I made kind of a visual diagram for it in. Like Google docs, which I've done in the past to just really block out like every weekend. What are the different things that I'm offering in terms of coach training, slow hustle, prolific events, coach, uh, hours that I have for coaching my clients.

And, um, that was just really, really helpful to be able to block all of that out. So I spent several hours working on that. . And then the other thing that allowed me to do is to add all of my 20, 23 courses for coach training onto the coach training website. So I have all the timing for that, um, already up for 2023.

And I really like to do that, um, in the summer to like early fall, because there's a lot of people who are kind of thinking about coach training for the following year, and it's really helpful for them to see all of the courses and when they're gonna be offered. So, um, I was able to cross that off my list.

Well, so a lot of stuff with like planning and trying to figure out next year. And all of that felt really good. I also launched a couple coach training courses in July, so I'm deep into working with those folks. Um, and then the other thing I had to do related to my coach training program, where I shouldn't say I have to do, but I, I wanted to get done if I could.

Was I had a training that I needed to complete for how I observe and kind of evaluate people who are at the PCC level when they give me, uh, an observation. and there was this, uh, what's called a marker training of things that you're kind of looking for when you listen to those audio recordings. And that was a requirement for me to complete that training as somebody who has an accredited program through ICF.

And so that was about 40 hours of time that I had to carve out and I've actually been doing it over several weeks. I started a while ago, but I was really wanting to get that completed in the month of July. And I was able to get that completed. So that felt really great to get that done. And then the other thing that that tied into is I had some accreditation paperwork for ICF with the coach training program.

They recently changed their levels of accreditation. It used to be kind of these acronyms. Um, and then they changed it to what they're just calling level one, level two and level three. And it doesn't really change anything for the people who are coming through my program, but I was required to do a bunch of like written policy documents.

And, um, a bunch of like additional paperwork pieces that were not required when I was originally accredited and I had to kind of package all of that up and. now I have to say my favorite thing about the month of July when I was working on this is there was a prolific creative retreat on one of the weekends.

And I basically used that entire creative retreat to just slam out the kind of final things I had to do for my training requirements. And a lot of the documentation I had to draft for this accreditation kind of reboot. And I was able to get all of it done and submitted on that day. And, um, I. Don't know if you've ever done kind of a retreat experience for yourself, whether it's a writing retreat or just a work retreat where you leave the day feeling, um, exhausted , but also very satisfied with what you were able to complete.

And that was how I felt. I felt so good about getting that done and off my plate. It's actually technically not due until the end of this calendar year, but I figure. Everybody is gonna wait until the end of the calendar year. And so I really wanted to get it done when I had a little more time, which ended up being this July.

So crossing that off my list felt. The other couple of things that I worked on in the month of July, I did end up opening up a couple of evening sessions for some of my clients just to make sure I was like meeting everyone's needs. I had some people who needed me to do like observations and stuff for the coach training.

And so I ended up opening a few evening sessions with time that I normally would've. Spent on content creation. And, um, I'd normally just right now in my life could leave my evenings, like completely free for recovery time, but I felt like I had a little bit of extra time in this month of July to focus on that.

So that felt really good to just kind of make sure I wasn't bottlenecking any of the clients that needed to chat with me. I also read my 22 books that it's part of my annual goal of reading 22 books in every month of 2022. And, um, that went very well. I actually just posted the debrief video for July on my YouTube channel.

So I will go ahead and link to that in the show notes. If you're interested in hearing a little bit more about what I'm reading, um, a lot of, uh, wide reading in different genres is happening for me this year. Been super fun to kind of talk about that. And then I also just posted my August, um, to be read pile video of what I'm hoping to read in the month of August.

So you can check that out on my YouTube channel as well. And the last thing that actually didn't involve a ton of work from me, but it was kind of a neat thing to check off my list in the month of July is we had, um, some trim that needed to be replaced on our house. And basically one of the things we learned when we had our house inspection.

um, when we moved into this house is that some of the trim is like not flexible enough. And so it ends up like cracking the, um, siding of your house because of just the, the pretty extreme, like temperature fluctuations that happen here in Denver. And so we had decided to replace all of that trim with. Uh, more of like a concrete based trim.

I honestly don't know all the details. My partner was really project managing this. Um, but we had the people come and do all of the trim replacement and this was like trim around our windows. Um, there was trim around kind of the midsection of our house and they came in and replaced all of that and painted it.

And it's all done. That was like a, a pretty big project we had on our list that we needed to check off, uh, for this calendar year. And so that was really fun to see that get done in. the other thing I will say that happened in July, that was kind of unexpected, but was so welcomed was I just had time to think about things.

And, um, I think sometimes when we get caught up in all kinds of stuff, with our jobs, with everything that's going on in the news, um, with. You know, following monkey pox and you know, all these other things that are just kind of cropping up in our lives. It can be hard to just have the brain space, to just kind of think about things and make kind of longer term or medium term plans.

And that's something that I really love to do. So being able to carve out some time, this. Past month to think about 20, 23. And to think about, you know, some other, maybe professional development things I'm thinking about doing for myself, you know, areas I wanna learn and grow and continue to evolve, how I wanna be contributing at work, you know, in very kind of unique and special areas.

All of these things, I had a little more brain space to focus on in the month of July. And, um, that felt really, really wonderful. So I. Happy to be back, uh, super excited about content that I'm thinking about for the remainder of this calendar year for the blog and for the podcast. Um, but I just really appreciate having that time.

And it is a little bit of like a vacation for my brain that allows my brain to kind of play and think about things from different angles. And, uh, I always appreciate having that opportunity to do that. So I have a few episodes coming up to help us kind of transition into this new season, um, for us in the Northern hemisphere, as we're heading into.

Fall and thinking about this new academic year. And so if you are starting to feel like, ah, summer is feeling like it's almost done, I don't know what to do. I'm, I'm starting to feel a little concerned as I head into the fall, hang in there. I'm right there with ya. We are gonna do some planning together and thinking about how can we transition with intention into this new season and how can we prepare ourselves to dive back into the academic year?

So. Those episodes are coming up. But in the meantime, I would love to hear if you took any vacation time, uh, whether that was like true vacation or vacationing for your brain, uh, in the month of July or over this summer, you can always email me at hello at Dr. Katie linder.com. I always love to hear from you, and I do hope that you've been able to get a little bit of rest or reset during this, uh, seasonal period, uh, wherever you may be in the world.

It's always helpful to take those breaks when you need. So, thanks so much for listening and I'll be back next week with a new episode. Thanks for listening to this episode of you've got this. You can access show notes and transcripts for each episode at Dr. Katie linder.com/podcasts. If you found this episode helpful, please also consider reading and or reviewing the show through apple podcasts.