You're listening to You've Got This, episode 429.

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 wanna open up the exploratory space

of thinking about alternative careers.

Now, as somebody who was kind of raised professionally

in academia, there are often pathways of careers,

particularly for faculty, where it's kind of clear

what your career trajectory is gonna look like.

And several years ago, I co-wrote a book called

A Going Alt-Ac, which was about alternative academic careers

or basically those careers for people who have PhDs

and they decide to do something off the traditional path

of going that kind of tenure track route

of a faculty member.

And today I actually wanna talk about something different

than that PhD realm.

I actually wanna talk about alternative careers

that if we really kind of give ourselves room

to explore and be creative, we might come up with things

that are totally different than what we're doing now.

And then we can kind of learn from those things

and see where we can find space for those interests

in our lives in the midst of maybe still having

the career we have now, but we can see what are the kinds

of things that maybe we're interested in

that's not on that path.

So the questions that I kind of pose when I think about

alternative careers is what does it say about what I care

about or that I'm interested in?

How does this show up in my life right now?

I mean, if I really care about something

and I'm really interested in it, I'm probably gonna see it

in my life in some way.

And also does it need to show up in my life more?

Maybe I actually really enjoy that thing

and I want to bring it into my life more.

So let me give you some examples of what I consider

to be like alternative career potential for me

and show like my answers to some of these questions

about what does it say about what I care about?

How is it showing up?

Do I need it to show up more?

So the first one will not surprise you at all.

I am convinced that in a former life

I must have been a librarian.

I love libraries.

I think they're so amazing, so wonderful.

I have loved libraries since I was a child.

I go to them regularly.

I am a huge library user, a huge library fan.

Now, obviously this points to my love of books and reading

which I have talked about at length on this show,

on the blog and various places and spaces.

I even have a YouTube channel

which I will link in the show notes

that talks about what I read.

The other thing though that I think I'm really drawn to

when I think about the role of a librarian

and maybe contemporary libraries

are a little bit different in this way,

but I love quiet spaces.

And I love spaces where you can be kind of like

basically introverted and reflective.

And I feel like the library is like

the ultimate space for this.

Now, some libraries have, you know, noise

and kids and families.

And I think that's wonderful.

I'm not knocking that.

But I do think libraries are also this kind of traditionally

kind of a quiet space as well.

Okay, the next career that I have definitely considered,

I've even done a little bit of like poking around about this

is being a professional organizer.

Now, I feel like this is something that

I don't know that I would like to do it full time,

but there's something about creating order out of chaos

that absolutely calls to me.

And I actually feel like this is something

that shows up in my life right now around,

like when I do like a course design, for example,

or I teach something in my business,

it's really often about trying to create order of something

that I think a lot of people are like,

how do I even wrap my head around this?

And a lot of the projects I take on at work

are this kind of order out of chaos mentality.

And I even had a boss once who said,

this is what you do well, you create order out of chaos.

So I do have these kind of like pipe dreams

where I'm like, oh, I could be like a professional organizer

and I could go into people's homes

and create order out of chaos.

But I don't know that I would enjoy that as much

with other people's stuff,

as much as I enjoy it with my stuff,

and also with the topics and content

that I kind of generally create order around.

All right, the next alternative career,

if you listened a few episodes back,

is not going to surprise you,

which is maybe being some kind of yoga instructor.

Now, there's something about the mind-body connection

that just calls to me.

And I think that one of my core values is holding space.

And I think this is very much tied to that.

I think that there's something about yoga

that allows you to slow down,

to get quiet with yourself,

and also to make a connection between your breath

and your mind and your body,

and in such a way that it's just really, really powerful.

And there's something that I've always been very drawn to

about that.

And my ability now to kind of incorporate this into my life,

certainly I have a private practice

of doing yoga for my own body, my own mind, my own breath,

but also thinking about how I've started

to incorporate it in small ways

into the community that I lead in prolific

by doing guided meditation

and different kinds of things there.

So this is one of those things

that obviously a few episodes back,

you heard I am trying to have it show up

in my life more right now.

And this is one that I think is kind of speaking

to the granola version of me,

the Northwest growing up in the Northwest version of me,

that there's something that really calls to me about this.

All right, the fourth alternative career

is kind of a career that I already have,

which is basically being a coach.

And I do think that this is one

of the most clear alternative careers

that I have literally built into my business

and into my life,

because I train other coaches

and I have my own coaching practice, working with clients.

This to me is also so much about that concept

of holding space, which is again, one of my core values.

And also allows me to connect with people

on a level that just feels really deep and intimate.

If I'm working with a one-on-one client

and they're telling me,

and we're working through like a number of things

that they can't really talk about in other spaces,

it's just a really cool thing to hold space for that

and to be kind of let into someone else's brain

as they're trying to work through a situation.

And I feel like coaching is something

that I remember being like 12

and thinking that I wanted to be a life coach

and thinking to myself,

no one will take me seriously as a life coach

until I'm like in my 30s,

because like when you're 12,

you think your 30s is like old.

And I, but I had that idea.

I mean, I was drawn to this concept

of being a coach or a life coach when I was very young.

And I think that I've always held onto that.

So that is something I've definitely built in

to my current kind of professional life.

Now, another alternative career,

this is one that I also feel is kind of a cheat.

And then I think another career for me

is that of being a teacher.

And I do feel like I teach

in a lot of different informal ways right now

and that I often am chunking information,

I'm bridging gaps for people,

I'm shortening learning curves

by some of the programming that I have in my business

or things that I do at work.

I'm really often trying to make the complex more simple.

And I'm trying to break things down for people

in a way that just makes it easier

for them to process information.

And I don't know what level of teacher I would have been.

I hesitate to think it would have been somewhere in K-12.

I just, I don't know that I could have done that.

And there was, you know,

as much as I love teaching and learning,

I don't know if it's at the college level either,

or if it's just in these like bits and pieces

that I built into my life,

where I teach a course and coach training,

or I teach material in like asynchronous courses

that I've built.

But this is an area that definitely

from like a professional perspective,

feels like it's taken up a good chunk

of my professional brain

in thinking about like what I might wanna do.

Now, the last alternative career

that has been like a really fun one to like dream about

is being a YouTuber.

Because I see people doing this out in the world

and I'm like, oh, that seems like it's such a fun way

of like being creative and like making art.

And I will say for a long time,

I felt one of my professional or like personal core values

was this concept of documentation

because I was so invested in like documenting things

through even this podcast, through my blog.

Like I love the concept of documenting process.

And I think that that's something

that a lot of YouTubers do really well,

is they're documenting their lives and they're vlogging

and they're doing all of these things

that they're sharing out with the world.

Now, of course, I've been playing around with YouTube

for a while now with my books and reading channel

and also with Workflow, which I launched this year.

And I do have this kind of dream

of like one day doing more vlogging

and I have not had a chance to figure out

how I can build this into my life

'cause it just takes time.

But there's something about it that I'm really drawn to

and I think it would be really, really fun.

So as you can see, some of these things

are just part of like my personality.

They're part of who I am.

They're part of what I build into my habits and routines.

And other things I have like actively sought out

to try to bring into my life

because there's something about it

that feels very aligned for me.

And I think that in especially our current culture,

you can absolutely do something like side gigging

for exploration purposes.

One of the resources that I love on this concept

is a book called "How to Be Everything" by Emily Wapnick.

And she basically says there are people

who just like bring together a bunch of side gigs

and this is how they like fulfill their need

to explore lots of different areas.

So if you're listening to this

and you're like so drawn to this concept

of alternative careers and trying these things out

and try to build these things into your life

in lots of different ways,

I would definitely recommend that book.

I will link it in the show notes.

But I would love to hear it.

When you're kind of like daydreaming at night,

maybe like right before you fall asleep

and you're thinking about,

what would I have done in another life?

What is the alternative career that I wish I had pursued

or that I'm curious about pursuing?

I would love to hear what comes up for you.

You can always email me at hello@drkatylinder.com.

I always do love to hear from you.

Thanks for listening.

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