You're listening to You've Got This, episode 356.

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 give you a peek inside my podcast list of what I'm currently listening to.

Now, this is for a couple of reasons.

One of those reasons is it was my goal this year to do more podcasts listening on a regular basis because I had really gotten out of the habit.

And the second reason is I had a listener reach out and ask me to share this.

And so I've had a couple of people reaching out legally about the episodes I've been doing and that they're finding them helpful.

And whenever people reach out and tell me that I say, what else do you want me to podcast about?

Is there anything else you want me to talk about that I'm not covering or that would be helpful to you.

And so this particular listener gave me several ideas, which will show up in upcoming episodes.

I'm so thankful.

And if you ever have ideas that you want me to podcast about, please feel free to reach out and let me know.

So I thought what I would do is talk a little bit about some of the podcasts that are on my current feed and give you a glimpse into some of the most recent episodes of those podcasts so that you have a sense of kind of what it covers and maybe even connect it to other podcasts that you might be listening to, or even podcasts that I've done before, um, that are kind of similar to what these ones are to give you a sense of like, if you like this, you might like this other thing too.

Now, I think you will see a clear theme in what is coming out in my podcasts in, in that they are very kind of professional work related.

Like they're very oriented toward my own professional development as a leader.

So, um, I feel like this will have, you know, a different kind of impact for different folks who are listening to this.

If, if many of you are kind of focused on like work, career leadership stuff, there's probably going to be more here for you, but there's a couple others that fall into different categories as well.

So, uh, one of the podcasts, and I will of course, link all of these in the show notes, if you want to check them out.

One of the podcasts that I've been listening to is NPR's book of the day.

And these are like relatively short.

I would say maybe 10 to 15 minute interviews with different authors that, um, NPR is interviewing because they have like a recent thing that's coming out.

So for example, a couple of recent episodes, they had John Grisham's recent book, The Exchange.

They had Alice Walker talking about the color purple.

And that was actually part of a series on themed episodes of books being adapted to films.

And so there were a couple different ones on there.

Killers of the Flower Moon was covered.

And they also, what I appreciate about these episodes is they also cover things like poetry collections.

And so it's actually quite broad.

And I've also found that the authors that are covered are also quite diverse, which I really appreciate as well.

So that's NPR's Book of the Day.

I also have been looking at the next Big Idea, and this is a podcast that is produced by LinkedIn.

And LinkedIn actually has several different podcasts.

I would say that like NPR, you're going to hear me talk about Harvard Business Review quite a bit, LinkedIn quite a bit.

Like they're doing a lot of really nice podcasts around work and professionalism that I really appreciate.

So the next Big Idea also has has a daily option with like shorter clips, but they are interviewing all the people that you would imagine.

Adam Grant is coming on there talking about his most recent book.

Susan Cain is on there talking about her most recent book.

There's topics about quitting.

There was an interesting one on postgenerational society and change and all the kind of things that you would imagine.

LinkedIn would be kind of covering.

So that's kind of an interesting one.

One of the podcasts I found that's a little bit more fun is one called Cozy Club.

And this is a podcast that's based off of a, well, not based off of, it's connected to a YouTube channel that I watch, which I will link both of these in the show notes, but it's basically a YouTube channel of someone that does a lot of book reviews.

And so Cozy Club has seasonal reviews of things like books and movies, but also games.

And then they do deep dives on specific books.

Recently they covered Emily Wilde's "Encyclopedia of Fairies.

" And then they also talk about things like romantic comedies and just things that are kind of cozy, which I'm like, great, bring on the cozy.

So I love the YouTube channel of the host of this.

And so I wanted to pick up the podcast as well.

And I should just mention because it's very timely as I record this, Denver is getting its first snow.

So I am very cozy today inside as I'm watching snow out the window.

So that's kind of a nice connection to that cozy club podcast.

Okay, the next show I'm gonna talk about is HBR on leadership and they do deeper dives on various topics with different experts.

So there was a one recently on leadership and authenticity, which I feel like is a topic that frequently comes up with like my coaching clients trying to figure out how to lead authentically, some more logistical stuff like how to delegate to your team.

And then they also cover things like crisis communication, which I find really fascinating.

So lots of interesting topics there.

One of the shows that I follow, I feel like topically, that's kind of most tied to the kinds of things that I tend to talk about is a podcast called Sparked, How to Make Work Better.

And this is a podcast that talks about things like morning routines and burnout and things like that.

So if you tend to like those kinds of topics, I think you might enjoy this.

And this is also by the same person, I think I'm trying to connect in my mind, the same person who does, um, what is it called?

I think it's like how to live a good life or the good life podcast or the good life project I'm looking it up.

Cause this is also in my feet as well.

I want to make sure I'm giving you accurate information here.

Yeah.

The good life project.

Um, it's the same guy who does that Jonathan Fields.

Um, and he's also the person who does sparked.

And, um, that's also a LinkedIn produced podcast as well.

Okay.

Then I would add to my list for sure.

Coaching for leaders.

And this podcast, if you listen to Bonnie Stahoveach's teaching in higher ed podcast, this is her partner's podcast.

And so she is often on this podcast, which is super fun because Bonnie and I are good friends and coaching for leaders has over 10 years of episodes.

So it goes back.

There's, there's a massive backlist of topics.

And this is also often like interviews with experts on topics like emotional intelligence, leading through change, um, things like hybrid and remote work.

It has very on trend topics.

So this is one of the go-to podcasts for me.

If I'm like, there's something that a lot of people are talking about right now, it's very likely that, um, Dave will be covering, you know, one of the, the trending topics.

Um, so this is one that I have recommended to a ton of different people.

Um, okay.

There's another one called coaching real leaders.

This is also by HBR, um, Harvard business review.

And they cover things like, um, it's basically meant to be coaching episodes where there's like a coach talking with a person about a particular issue that they're dealing with.

So a recent episode talked about, for example, somebody who was in an interim role and they want to make that role permanent and how do they go about doing that?

So it's typically focusing on like a challenge or an issue that somebody's trying to figure out.

Um, another recent one that I appreciated was called tactful communication.

So I would say if you're someone who liked coach to coach, like if you've ever listened to my podcast on coaching, um, I would say this is not, um, like very traditional coaching.

It's, it's often more like a conversation or it might sound even a little bit like consultation, but if you like that kind of thing, you might like this podcast as well.

Um, I also want to give kind of an honorable mention to a podcast called Brave New Work, which had a series recently on the future of HR.

Um, and I thought it was really interesting, the kinds of topics that they were covering.

So I don't know that like all of the, the episodes on this particular one, it's like auto-listen for me, but I found that concept of kind of like doing a deeper dive on the future of HR was really interesting.

Um, okay.

And then the last show I'll mention, um, is called the anxious achiever.

This is also by LinkedIn.

And one of the things I appreciate about this podcast is it is one of the only ones that talks about mental health on a regular basis.

And so this one talked about recently, for example, the connection between your gut and your mental health.

Um, they talked about managing grief in times of war, which I have not seen any of these other podcasts covering.

And I think it is super important.

Now it's totally possible.

I've missed an episode here or there, but like, I really appreciated that focus of how are you kind of, uh, dealing with what is happening with the conflict in Israel and Gaza.

And, um, I just appreciate people talking about the grief that comes along with that and the really hard emotions that a lot of people are processing around that.

Um, this podcast also talks about topics like aging out of your role and like, how do you reskill upskill?

Like, what does it look like when you're someone who's an older worker?

And then also topics just around like emotions at work.

Um, in addition to kind of general topics of mental health.

So this one, I feel like is a little bit more niche in terms of like, it really does dig into some of these things that are more kind of on the emotional side or that are just not being covered all the time.

and some of these other podcasts that are on like professionalism, work, and career.

And I've really appreciated, um, what those podcast episodes are covering.

So I think that is maybe nine, nine different shows, um, that, that I can kind of recommend that have been on my podcast listening list recently.

And again, I will link all of them in the show notes.

A lot of the episodes I referred to are within the last month or two.

So I'm not going to link all of those individual episodes, but if you kind of scan through and subscribe to one of these shows on your podcast, catcher of choice, you'll be able to find the kinds of things that I was talking about.

And of course I love to hear what you're listening to, um, on your podcast list as well.

I'm always looking for new things.

As you can tell, I tend to go with more of the nonfiction side.

I'm not always doing the more entertainment based, um, fictional accounts and things like that on podcasts, but I'm always open to hearing what you're listening to that you would recommend for me too.

You can always email me at hello@drkatylinder.

com.

I always love to hear from you and of course I'm so thankful that you've added this podcast to your listening list as well.

Thanks for listening.

Thanks for listening to this episode of You've Got This.

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com/podcasts.

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