You're listening to You've Got This, episode 407.

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'm spilling the beans about a fun and free series of events that I'm planning to launch in 2025.

If you were listening closely, you might have picked up that in a recent podcast episode where I talked about my final punch list for 2024, I did mention a top-secret project that I was working on.

And now I'm going to tell you what it is.

I decided that each month of 2025, I'm going to host an AMA session.

If you've never heard of this, it stands for Ask Me Anything.

And I'm going to do a different topic every month, and the series is completely free.

And I'm going to tell you at the end of this episode how you can sign up for this.

But if you're new to AMAs, they're basically like interactive experiences where someone answers questions that are posed by the audience in real time.

So it's basically just a Q&A session.

And for this particular series, for people who can't attend live, I am going to accept questions in advance.

And then I'm also going to record the sessions so that they can be watched later.

So in each of these sessions, you can expect just candid interactions with me around different topics.

I might tell personal stories or give insights or advice.

I'm definitely going to invite other people who are there to offer their insights and advice on the topic as well.

So it's basically just kind of like a hosted conversation around a particular topic.

So for 2025, I chose 12 different topics that I have a decent amount of experience with or that I've spent a decent amount of time trying to learn more about.

And so I thought I would start there.

And let me walk through what I'm planning to do for each month of the year.

So in January, this will surprise no one.

The topic is goal setting because obviously it's a great time of the year to talk about that.

And this would be a good session to talk about things like annual goals, multi-year planning.

I obviously set goals for reading and monthly goals.

And like, this is a huge part of my life.

So if there's any questions you have about goal setting, you can bring them to the January session.

In February, I want to talk about radical self-trust, which if you're familiar with this taxonomy, this is the kind of philosophy that I live.

And I do coaching around this.

I developed it myself.

So this is something that I think I developed it in like 2018.

So it's been around for a while.

And it really talks about like how to do a values led life.

Like what does that mean?

And this is also something that I based my 2024 goals around.

So if you were kind of listening to that list, I talk a lot about radical self-trust in my 2024 goals.

In March, I thought I would focus on movement practices.

So this would be a great month if you're interested in talking with me more about like the yoga study that I did, my exercise routine.

Obviously I'm a huge Peloton fan.

So happy to answer any questions about that.

And also I would just say like motivation about movement because that's often like a really challenging thing.

So happy to talk about any of that.

April I'm going to do mental health.

So I have talked about in a previous podcast episode how I do have generalized anxiety disorder and I live with anxiety.

I take medication for that.

So this would be a month that you're welcome to ask me questions about that.

I think this is also a great month to talk about resiliency practices because that's often tied to good mental health.

So put that in for April.

In May, the topic that I chose was creativity.

And this has such deep meaning for me around things like website design, podcasting, blogging, vlogging, writing.

You know, I bring creativity into my life in a ton of different ways and I have a lot of creativity practices.

And so that's a great month to ask me questions about that.

In June, I decided to pick the topic of project management.

Now if you've been hanging around, you know that I'm launching a project management by design series in 2025.

And I figured it might be kind of fun to talk about project management about halfway through the year when I've done a couple of those classes.

And I can kind of answer questions about that.

I can talk about project management tools, change management, anything along those lines.

In July, I picked the topic of leadership and this is a great month to ask me questions just about my leadership journey.

I've had a bunch of different leadership roles until this point and also just philosophies that I have around leadership that I've developed over time.

In August, I picked the topic of time management.

I get questions about time management all the time.

How I use different tools, how I estimate my time on task, how I'm fitting all these things into my schedule.

It's really a common thing that people want to know about like details about how I'm building certain things into my schedule.

So that is the August topic.

In September, the topic that I picked was writing and publishing.

So this could be really wide ranging.

It could be writing tips and strategies, writing books, having a scholarly pipeline, how I fit in writing to my administrative work.

I mean, really anything you want to talk about there.

I would also say like journaling.

If you want to go more informal, I could definitely talk about journaling in that month.

The October topic is all about coaching.

So this is like foundations of coaching, coaching training, getting a credential with coaching, anything that you are interested in related to coaching, you are welcome to join the October session.

In November, the topic I've chose was business and entrepreneurship.

And this is about like steps to creating a business.

If you want to ask about my slow hustle program, which launches every January, and I'll just give a quick plug for that.

I'll put a note in the show notes that I am currently enrolling people in slow hustle for 2025.

And that is my monthly mastermind for people who are trying to build a business and kind of think about it in a sustainable way.

And especially for people who are completely overwhelmed by the idea of creating a business, that is what slow hustle is for.

It is, I would say 99% academics who come through and higher ed professionals who come through that program.

So it's a great community.

But in November of 2025, I'm going to talk about business and entrepreneurship.

So if that's something that you're interested in, you can join that.

And then in the final month of 2025, I decided to do in December, certifications and professional development.

So I hold several credentials for coaching, for project management, for being a certified change practitioner.

I also recently got a master's degree in organizational leadership.

I'm a certified yoga instructor.

I mean, like there's all kinds of things that I'm happy to talk about in terms of pursuing credentialing and professional development.

And again, that's something I often get questions about.

So I thought I would throw that topic in there as well.

So basically, if you want to register and come hang out with me and ask a bunch of questions about various topics throughout the year, and I think just have like a good community conversation about like these different ideas and topics, you can register for the series by signing up to an email list.

And I'm going to link this in the show notes.

And this was kind of the easiest way that I could figure out how to do this.

So when you sign up for this list and you can sign up at any point throughout the year.

So now makes sense because you'll get all of the different topics throughout the year.

But if you are listening to this later and it's sometime in 2025, you can still sign up and you will basically get a welcome email.

And that welcome email is going to give you instructions of how to register for a website that's going to host all of the series recordings.

And that website is also going to include like the Zoom link to get in to join the sessions along with like each month, I'm going to send email reminders before each of the sessions.

And then I'm also going to resend the link to ask questions in advance.

So I'll have like a form that you can fill in if you have questions.

And this is like if you can't attend the live session or you just want to make sure a certain question you know, gets asked, you can send this in through the form.

And then the other thing I decided to do because I've never done these before is if there's a topic that you want me to do in a future AMA.

If I decide to kind of continue the series after this year, I'm also going to put a link in the show notes and in this kind of registration email where you can suggest a topic.

So if there's something that you want me to answer questions about, you can let me know.

That's also a great way to like poke me and say, Hey, maybe you should do a podcast episode about this or do a blog post about this.

If you have things you want to talk about.

So eventually I will have a webpage on my site with more information.

But since, um, as I've mentioned, I'm in the middle of a website redesign, the best way to sign up for this is in the link in the show notes right now.

The other thing I'm going to do is link a recent blog post where I talked about this and I include all the details, all of the links, and I will link that in the show notes as well, because it includes all the relevant information, including dates of when these things are happening, dates and times.

So if you have any questions about the series, you can email me at hello@drkatylunar.com.

I always love to hear from you and I cannot wait to launch in and talk about these topics and connect with you.

Um, I really hope to see you at one or more of these events in 2025.

Thanks for listening.

Thanks for listening to this episode of you've got this.

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