



The Athena Wellness Podcast  
Episode 099 – Vancast '21 Kristie McLean Interviews Kathy Robinson  
December 19, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

00:30

Hello and welcome to Episode 99. Thanks so much for joining me.

Today's show is quite different and I'm so excited to share it with you for a number of reasons. The first is I got to spend time with one of my favorite people in the world, Kristie McLean. Longtime listeners will remember Kristie from Episode Seven, which is one of our most popular shows.

Back in October, Kristie flew across the country to attend a special family event and graciously agreed to help me test out a new podcast concept. Since I started this show, I've had a dream of taking it on the road, visiting guests on their home turf, and capturing the conversation on portable equipment.

Before embarking on such a trip, I wanted to test out the gear and it seemed wise to test it out on myself, which is what this podcast is all about. Kristie turned the mic and interviewed me. And at the same time, I was able to work out any technical glitches.

Here's what we cover:

- The act of reinvention;
- The twists, turns and blessings of life's journey;
- Storytelling;
- Lessons learned from podcast guests; and



- The beauty and gifts of everyday life.

The gathering that we all attended that weekend was a celebration of my father's upcoming birthday - he'll turn 100 years old in January. It was the most social activity we've had since the start of the pandemic, which you'll hear in my hoarse voice, the result of lots of talking, fits of doubled-over laughter, and maybe a little bit of bourbon.

And I also learned that mobile recording is not without its challenges. You'll notice some erratic vocal levels and you'll hear the noise of an idling vehicle about two thirds of the way through. But all in all, I'm considering this vancast a success. And I look forward to bringing you more vancasts in 2022 with a wide range of interesting guests.

Lastly, I want to thank Kristie for gracing us with her warmth and wisdom once again. I'll link up Kristie's earlier podcast episode, along with her contact information, in the show notes.

And now onto the show. I hope you enjoy the conversation.

**Kristie 03:01**

This is Kristie McLean, here with Kathy Robinson. To set the scene, we are in the most amazing vanmobile, looking out into a forest with filtered sunlight through the fall leaves. And it's really a spectacular October day. So I feel thrilled to be here in the inaugural interviewing of Kathy Robinson.

So Kathy, what is it about the format of podcasts that is so interesting to you?

**Kathy 03:36**

Hmm. I started getting into podcasts when I was commuting to and from my corporate job, learning new things, being open to new ideas. And the format was great. It was 30-45 minutes, I would listen most of the way in, and then I'd have something on the way back. And I literally would plan my commutes based on - and my runs, too.

So I love the fact that it was... I could play in my car, I could play it when I ran, on airplanes. And I was learning something new. I felt like there were so many different topics that I could listen to.



So when I wrote the book and COVID hit, and I couldn't go out on a book tour, I went out on a podcast tour. And to my delight, I was like, "I really like being a guest. That was really a lot of fun."

Then I wondered what it would be like to actually be in the other seat and see what that would feel like. And I adore it. It's one of the most fun things I've ever done professionally. And I can't wait to see how the podcast continues and thrives.

I hope I give the audience the same thing that I got from others, that there's just this sense of possibility and new ideas and new things for them to think about and to consider as they try different things in their lives.

**Kristie** 04:57

Awesome. I know when you and I talked some months ago, you had asked me... We talked about this idea of living life in chapters. And I know for you when you ask the question to me, "What were the signposts along the way that led you to where you are right now?"

And so I have the same question, "What experiences and touch points in your own life have guided you toward this chapter?"

**Kathy** 05:26

You know, it's so much easier to see it in other people, right? (laughs)

I have a little bit of hindsight now, which is helpful. But if you would have asked me this a year ago, I was still kind of sorting through it all. Now I look back, and it's like, "Oh! There literally has been a road that I was following."

It didn't feel that way. It felt like Part 1 of life and I was waiting for Part 2. But now when I look back, I can see, "Oh, this whole journey, it wasn't Part 1, it was just the beginning of what you're doing now."

As far as the signposts, you know, when I think of the things that have really shaped who I am, it wasn't what I thought I was meant to do, working in the corporate world, but it gave me so much.



And it gave me so much by way of experience: how to run a business, how to market yourself. Now, these were things I didn't do for a living, but I observed them. It was my job to actually make observations and make recommendations.

So I had this bird's eye view of everything that a company did, never realizing that, "Hey, someday this is really going to come in handy. You're going to need to know some of these things." The difference between strategy and being tactical and how to actually create a plan. So those types of things.

But the other experiences, as far as trying to problem-solve with other people, come up with actionable steps that we can take to make something better, all of the traveling that I did and all of the people that I got to meet - all of this was thrown in the pot, creating this stew that was going to be, not only nourishing, but really helpful as time went on.

And only now I look back at that and go, "Wow, yeah, you know, if it wasn't for XYZ, I would have never known how to do X." So there were definitely signposts from a business standpoint and there were definitely signposts from an experience standpoint with all the things that I got to do in the world, which has been amazing.

And now there's this sense of settling in, of going deeper. For the first 35 years of my professional career, it was overview, it was quick stops, being in places for a few days, going from place to place to place. Now, there's this sense of deepening, there's this sense of being rooted, there's a sense of wanting to go more vertical than horizontal.

And I don't know what that's all going to turn into, but it's very compelling. I no longer want to be jetting around on a plane going to all these different places. There's something about a sense of place to create something more. I don't know if it's a sense of legacy or a sense of what I can leave behind. But there's something that's in the depth rather than the breath right now.

**Kristie** 08:25

I love that. I can really see that. And it feels especially poignant to hear you say that when we're sitting in a forest surrounded by vertical trees.



**Kathy** 08:36

Yeah, and roots! (laughs)

**Kristie** 08:38

(laughs) Roots grow down trees grow up! (laughter)

So switching gears a little bit, and especially to those who are listening who may have their own dreams of podcasting and trying to really learn from you as a practitioner. Where do you find your guests and what generates a resonance in you that their stories will be interesting to you and listeners?

**Kathy** 09:04

That's a great question. So there are services, which, interestingly enough, I was unaware of when I started this. I was so relieved (laughs) that there was actually a place that I could go to find folks who, there's a story that they want to tell and this is a means for them to do it. And they're looking for me just like I'm looking for them. So it's great that there is this, I say a marketplace, but there's no exchange. It's just a meeting place, which is great.

So there are a number of services that can do that if somebody is interested in that. What's the second part of your question?

**Kristie** 09:39

How do you know that their stories will be interesting?

**Kathy** 09:44

Yeah, so when I started, it was all wellness, right? It was doing all these different wellness things and then it broadened. So we were just talking about depth and now I'm going back to broaden.

But what's interesting to me is that somebody is... they took a chance, they took a leap, they made a pivot of some sort. They were going down a particular road and suddenly there was a turn and they decided to follow it - and what happened as a result.



A lot of times, actually, almost all the time, it does relate to wellness because when you're really congruent with yourself and you're listening to that inner voice to make that turn, that's all part of wellness. That's all part of well-being. It's all part of living a good life.

I think that there is that thread of wellness, but not the wellness in, "You have to exercise and eat well," the things that you usually hear on wellness podcasts. It's more of a well-being theme, I think.

But I love those... getting into the stories of not just the turns that were made, but the "Why" and what led up to that. And what's great about the podcast format is that it's not a "10-minute, tell me your story." We have space to be able to roam a little bit and get to those preliminary turning points before we come to the main turning point and to be able to explore that, because that's where we find the commonality.

And maybe that's what helped me answer that first question that you asked me, "What were those signposts?" Hearing other people's stories of, "Oh, I wasn't the only one who thought they were on a road and thought they were going to completely switch and do something else and there was no relation." It's like, "Wow, everything was related. Isn't that interesting?"

And then you get to dive deeper into somebody else's story. And you find the same thing that in looking back with enough hindsight, that they were always on this road, maybe they never thought they would wind up in this place, but it makes sense once they made that leap and they decided to go down that road.

**Kristie 11:50**

You said something just now that I find really, really interesting. And so there's thoughts bouncing all over my head. One is this idea that there's spaciousness in your conversations to be able to lean and move.

You know, going back to the tree analogy, when trees have strong roots, I'm thinking of bamboo, even when bamboo is really strong, then it can sway and move and be supple and there's no danger of it breaking, right? And I think sometimes the conversations that you shape and share with people allow that movement and room to roam.



What's interesting is, you're the most prepared and disciplined person that I know in my life. (Kathy laughs) I mean, you're a phenom of organization. And we share a common friend and mentor, Christina Baldwin. One thing that I always remember that she says is, "You should never know what you're going to say until the moment you say it." And she may not have been the author of that quote, but she was the one that tucked that piece of knowledge in my being.

And I wonder when you're in these conversations, I know that you're prepared, I know that you have the frame of what you want to say. How do you handle the tension between these two spaces?

So one is, I imagine there must be plenty of people that do podcasts that do it flying by the seat of their pants. And from what I know of you for many years, this is not your style. (laughs) You're so prepared and thoughtful about shaping the arc of this experience. And so how does that play with this idea of leaving room for suppleness and surprise?

**Kathy 13:44**

Mhmm. What's interesting is that you actually had two keywords in there. One is that you mentioned Christina and the second you just said the word, "arc."

So what I do, and this has evolved over the year, but I actually have a pre conversation with anybody that's on the podcast. And before we meet, I go through their website, listen to any podcasts that they've done. If they have a podcast, I listen to their episodes, read their books. And I prepare a narrative arc.

It's an arc of the conversation that would be great if this is all we discuss. But I always tell them, this is just a blueprint. First of all, does this resonate? And I take any feedback that they have. And then secondly, this is a starting point. If we totally go off course, I welcome that because that's where the energy is and we'll follow the energy.

And I think what that does on both ends, it makes the guests relax, because they know that there's a plan, that they're not going to get hit with something that they're not expecting. And then on my side, I know if we stick to the conversation as it is, it will be fine.



But inevitably, it doesn't. Because of that sense of we already have a connection. We already have a plan. And I think that allows for the flexibility to follow the conversation where it goes.

I just had an interview earlier this week where it was very emotional for the guest. And I think, because we had gone through this process, because we did have that connection, there was that sense of letting go. So there's that letting go on the part of the guest. But also for me. I can let go because I don't have an expectation then. Where the conversation goes is where it needs to go.

And that's part of the curiosity then, of like, "I wonder where this is going." And it keeps me engaged, because it's almost like we're on a road trip together. And you know, someone's gonna say, "Turn left turn, right." And we're just going to follow where it goes.

**Kristie**

Road closed!

**Kathy**

Yeah, exactly. That hasn't happened yet, thankfully. But you know, if it happens, it happens - those Thelma and Louise moments, going off the cliff with a guest! (laughter)

But yeah, that's kind of the game plan. So in the preparation, at least for me, that gives me a lot of freedom to say, "Okay, I've prepared myself enough that I'm ready (the Girl Scout) I'm ready for whatever is going to happen. Let's let it unfold." And I love being surprised by it.

**Kristie 16:10**

Thank you, that's wonderful.

One of the things that I love in my own life is walking through neighborhoods at night and seeing all of the houses that are lit up with lamps in their windows. And being able to see, even from afar, people quietly going about their lives and doing whatever they're doing.

There was a story when I was a child called *The Story of the 14 Bears* and it's all of these bears that are living in hollow trees. And all of the trees are different inside. And there's





some with, you know, a Chinese screen and Asian art. And there's the homey one with the aprons and the fuzzy slippers. And they're all different. And I really think that that book actually sparked my curiosity of the world.

And so when you are interviewing all of these folks and sharing these resonant stories that you've had so many experiences so far, what are some of the jewels that you personally will remember and take with you from past guests?

**Kathy 17:22**

Hmmm. That's a great question. If I had to summarize, and I'll go deeper on a couple of these, but I think the theme is: There's no one right way to live a life. And the ones where I walk away and feel so energized when it's done, are those folks that have followed their own dream, whatever that was.

I interviewed somebody, it's not live yet, a week ago. The guy bought a sailboat and sailed solo and taught himself how to sail. And then a year later, he sold all of his possessions and said, "This is my life. I'm going to make my living writing and sailing."

Whoa!

A 40-something year old guy, just like, "This is what I want to do." And he's doing it!

To have that conversation and to hear him talk about his days and what it's like to dive down into these blue holes and how careful you have to be because you're alone, and tether yourself while you're on the deck and you're sailing, and how you'd have to sleep in 20-minute increments because that's the time it takes if you can't see something on your instruments or on the horizon, it takes 20 minutes for it to be upon you and so you sleep and he sets his timer and comes up...

I mean, unbelievable. I was breathless in a good way by the time we were done with that conversation.

Here was a guy who was a musician and a carpenter in Florida. And he said, "No, I want to do something completely different."



And so it's those kinds of stories. There is no one right way - there is the right way for you. And it is forever unfolding.

That gives me a lot of, not only a lot of hope for humanity, but I think the more people that do this... I mean, this is a sweet, open, curious, wants to meet a whole bunch of people, learn different things - he's just so engaged with life.

And I think that's a common thread as well. There's a lot of folks who were in corporate that had that dream of something different. It's like, "I want to be an artist." "Well, were you artistic as a kid?" "No, not really." (laughs) But now that's the way she makes her living and she's got an online membership and she teaches other people how to paint. Not all of them quit their jobs and start businesses but to be able to spread that kind of joy and hope.

This is what you get to do with your days? I could have never imagined that 20-30 years ago commuting in and out of New York City. And again, it was very formative. It was almost like taking your vitamins, doing all those things that you need to do.

But I think that hearing those stories time and time again. It doesn't matter what the backdrop is - it's more of that transformation of "I was this. Now I'm this." Tell me that story. What happened there? What transformation happened? What allowed you to happen?

One of the questions I always ask is, "A lot of people hear those stirrings but you did it. What was it that allowed you to do it at that time? What was that?" And those are some of the things that we get to explore and unpack. And all those reasons are different. So it's not the same story you're hearing over and over again. But it's just what was the point where it's like, "You know what? I just can't do this anymore. It's time to leap."

And sometimes it's a crescendo, like these little things were happening. And sometimes, the Universe steps in and says, "Oh, no. We're deploying your husband to Afghanistan, therefore, you need to stay home and take care of the kids." "What am I going to do? Oh, maybe I'll start a business, maybe I can teach, maybe I can do something like that." And then things start to unfold.



Very few people have a grand master plan. And if they do, much like I thought I did, it's like, "Well, that will change." (laughter) It's just, it's inevitable, it's going to change. And that's part of it. If you can relax into that, as my guests have taught me over and over again, if you can relax into that, that's where the magic happens. It happens in those moments of like, "Oh, I thought I was turning right. I'm turning left. But wow, I would have never gone down this road. Look!" And that's the exciting part.

**Kristie 21:49**

I love that. I think about music and if you want to be a jazz musician, you start out learning classical music, or at least classical chords and scales and learning fingerings and things in order to riff and go off script, so to speak. So I'm hearing a lot of that, like the corporate landscape prepared you to be able to be sitting out here in the woods... (laughter)

**Kathy 22:18**

I would dream of this! And you know, I don't take it for granted. When I am out here working, and I actually can work here now, mobile and remote. And I do not take that for granted. I'm incredibly grateful for all of that. And the fact that technology has changed, and the world, that no, you don't have to be sitting across from me to coach. I'm more than comfortable (client) being on the phone with you (coach) and having this conversation.

So it's divine timing. It's the perfect storm. You can put any word to it. But it's just this coming together of things that felt very elusive. And suddenly, it's almost like... I'm going to date myself, but you're a photographer, so you'll appreciate this. It's like being in the darkroom. There's something on there and it starts to come alive. And you think you can make out the image, but it's really something different.

That has been the feeling. That things just come into view, it's a little bit sharper and sharper. And I think that's what happens with the guests and the stories that they share as well.

**Kristie 23:22**

You mentioned coaching, and I'm smiling because my next question is really about that. In my work of coaching, I'm very familiar with the concept of self as coach. So often a client will show up with an exact struggle in an area that I, myself, need to learn. Or it



doesn't even have to be a struggle. It can be, you know, something that I'm aspiring to and this person is succeeding and they're already lightyears ahead of where I might be.

So for you, and you've answered some of this, but what lessons are you, Kathy, learning through the conversations with your podcast guests?

**Kathy 24:06**

Mmmm. I think a big one, and this is going to sound so trite, but this is a really big lesson. And that is about enjoying the journey. Because I have always been, "What's that next goal, what's that next goal, put it out there, achieve it, keep going," and not stopping to celebrate.

As a result of some of these conversations, and taking that lesson to heart, I do, and you won't be surprised, have a one page... On Sunday nights, I take a look at my calendar and what I need to do for the week and I have all of my activities on one piece of paper so I know what I need to do for that week. Because if I don't write it down, it doesn't happen. (laughs)

But at the bottom left hand corner, in its own box is a heading that says, "Celebrate." It can be something from the week before that I'm really proud of that I write down. Or something I'm looking forward to that I can celebrate, either a milestone or with somebody else, whatever is going on.

So as you know, and the reason why Kristie is even here in New Jersey, is because we celebrated my dad's birthday, his soon to be 100th birthday, with family and friends over the weekend. And in the bottom corner of this week's sheet, what better celebration is there than that? Wow - 100 healthy years, bless him!

And then also on the upper left hand side, and this was a new add to the sheet, is a word of the week. So, I was feeling a little scattered a couple of weeks ago and I knew I needed to focus on getting ready for the party and everything that was coming my way. So it might be something like *focus*, or it might be something like *smile* or *lighten up* or whatever, you know, *enjoy*. Or in the springtime, *get outside* and *take a walk*. What is it that I have to remind myself for the week?



And in those two little anchors, I have something to keep me grounded and then something to say, “You know what, what a great week because x happened.” That’s been my practice.

**Kristie 26:17**

Roots and wings.

**Kathy** Yeah, exactly.

**Kristie**

So coming out of a corporate career and reinventing yourself as an author and wellness coach and speaker, what surprises you with similarities and differences between these two worlds. Where has there been unexpected overlap that you didn’t think would be there?

**Kathy 26:44**

I very much structure and prepare in the same way. So I think the corporate world... When you present to a board of directors of a Fortune 250 company multiple times a year, you learn how to prepare to speak, you learn how to prepare to give a presentation. And I am so grateful to have gone through – it was like boot camp.

And that makes things so much easier. When someone says, “Hey, can you do X?” “Not a problem, I can do that.” And it comes from that practice. So preparation, for sure. Preparing for the podcast guests is very much like preparing for a big, important meeting. How do you provide context and make people feel held and seen? It’s more subtle on the corporate side, but it very much came into play there. So I think there were many more similarities, many more things that I could leverage than I could have ever anticipated when I was making the crossover and I’m very grateful for that.

Where it differs? There were always common objectives, there were always common goals, there was always that “Great job, high five,” whether it was me doing to somebody else or somebody else doing that to me if I accomplished something.

And then suddenly, you are in a company of one. So that framework, those shared expectations... If I don’t set a goal or an objective, nobody cares if I do it or not. They did



when I was in corporate, nobody cares now. Write a book, don't write a book. So that self motivation became much more important.

I had a boss in corporate when I was up and coming and he would always tell the team, "Before you can convince somebody else what you do is important, you first have to convince yourself." And never forgot that. And boy, when you're your own boss, it becomes even more so.

What that has done, though, it has helped me become much more discerning because it's me. I'm the admin, I have to go to the post office, I'm doing all of the things that I had teams of people doing for me. Now it's me. So okay, you want to do a podcast? You have to learn how to edit and write and contact and email and get it up on the website. Are you up for doing that?

So it's more, it's being very deliberate with time spent. And the payback isn't, the return on investment isn't dollars all the time. Some of it, like the podcast, is very much connection and network and storytelling and doing things, trying to bring all the elements of the things that I love together, in a way... and not knowing what the outcome is and being okay with that because it feels that good to do.

So decision-making, too, has changed very much. Where before you'd had to do a business case and it's like either it made sense or it didn't. There's different reasons for doing things now and being deliberate. But when you find something that really feels right, like going all in.

**Kristie 30:03**

Hmm. There's this idea of what are you willing to work hard for? I live by that a lot. There's never a free ride, right? What do you want to put the effort into is what I'm hearing. And the same discipline and the same focus and the same effort is still happening for you. I'm really hearing that.

And staying as a guest in your home this past week, you know, you're at the gym at 6am. You know, by noon, you've already done two hours of writing workshops. It's astounding. And one of the things you and I talked about the other day when we were walking is there is the ability, as you choose it, to shape your own time. If that's the rhythm and the flow of



your days, so in the morning, getting up, using your body, having nourishing foods, connecting with others in a shared community, having time for you, keeping things around you that inspire and keeping you focused and moving forward. And being able to do that on your terms, to a large extent, I think is probably different than the corporate world where you had meetings at, you know, 9 and 2 and 4 and 6:30 and 10. (laughs)

**Kathy 31:27**

Yeah, and there has definitely been an energetic alignment of when I'm best. I'm actually able to align my schedule with when I'm sharpest for that thing. So yeah, if I don't work out first thing in the morning, I don't get up like, "Oh, yay, I'm going to the gym!" But once that's done, it's like, "That was the time to do it." There's no doubt I'm better then.

And then if I don't do the creative stuff first thing, eight o'clock and 11 o'clock, then it's not done. I'm much better with administrative stuff in the afternoon where I can do what I need to do. I can reply to email because that doesn't take a whole lot of concerted thought power.

Also to to get out for a walk in the afternoon to kind of clear my head. I find that if I push myself to go out, I'm much more productive when I get back for those few hours. And then I still have a hard time closing that laptop lid.

Someone told me when I switched from corporate to working from home... I said, "I'm just going to be so happy to be able to put a load of laundry in on a Wednesday afternoon." And she said, "That'll get old."

And I will tell you, it has not! (laughs) Because that's what weekends used to be like, they used to be food shopping and laundry and getting ready for the week. And to be able to incorporate that and feel like I'm not so bifurcated. It's much more of an integrated feeling of living in an integrated way. And I really, really do appreciate that.

**Kristie 32:52**

So just a couple of thoughts left before we wrap up. But one is I'm thinking of your future podcast guests and people that you haven't found yet or they may be listening to their show and thinking that maybe they themselves could be interesting or have an



interesting story or they know someone and they're perhaps a little hesitant to step forward.

I remember back when you and I had a conversation and later hearing that final piece. And I was so touched by how it came together. I mean, I personally felt so seen and heard. And usually I'm very self-critical. And you know, I think a lot of people don't like the sound of their voice and there were various levels of anxiety around that.

But the experience as a guest - you made it easy and fun and enjoyable. And it was thoughtfully crafted. And I know you're so accomplished and you're also really humble. So I know that you don't often share feedback that you've gotten from other folks. But this past week, I've had the opportunity to hear a little bit of feedback that you've shared from podcast guests. And I wonder if you would be able to share with listeners, what are some of the podcast guests saying about the experience of being a guest with you?

**Kathy** 34:26

Mmmm, wow. Well, first of all, you were gracious enough to be on Episode Seven, (Kristie chuckles) just to be clear - when I had no clue what I was doing. And in preparing for that, it actually helped shape what I do today. So I appreciate your willingness to do that.

And yeah, I actually think yours is one of, if not the, it's second, of most listened to episodes. So you've got that going for you.

(lots of good natured banter and laughter)

**Kathy**

What thrills me is when we're having a conversation and the guest says, "Huh, that's a really good question." I - love - that. I love that. Because my work in all those years in corporate, auditor means "to listen." And so my job was to ask questions and to be able to listen.

And so I feel like I'm doing my job if they hadn't thought about something in that way. Or if they feel like they need to take a pause and really give it some thought, I feel like we hit one of those veins that I love to explore. So that is one.





The other is sometimes they'll say, "You know, this was really easy, or it was really fun." And that makes me feel good, because as you said, there's preparation that comes with that. I really love that.

But as of late, you know, I mean, I'm learning as I go. And I think I'm more mindful of how to really hold space when somebody is feeling vulnerable. Without it being said, because we can see each other even though only the audio is captured for the podcast, I can usually see the guest, there's a video there. And to be able to keep that eye contact, keep calm when emotions run high. And to, afterwards when we debrief, I always say, I always put my hand up, oops, I just put my hand on my mic. I always put my hand on my heart and say, "How are you feeling?"

And this past week, it was new, we had some vulnerable conversations and they said, "Never expected to go down that route but I'm really glad we did. And thank you so much for being able to help me through and to explore that."

And the fact that there's that kind of trust there with somebody that you just met. I come off of those conversations feeling amazing having had the privilege to be able to hold that space to have that conversation. And then when I go back and edit, because I do all the editing myself, it's a second time to be able to revisit that and really hear the conversation. Because, I mean, I'm listening but looking at recording levels and trying to keep people engaged. And to hear it that second time when I get a chance to shape it a bit. That's just the icing on the cake. I just love that.

As far as the feedback goes, it's those things, that when I hang up that phone and I close that laptop and I just have a big smile on my face. Yeah, that's a really good day at the office! (laughs, yay!)

**Kristie** 37:52

So from a practical standpoint, do you ever do call outs for certain kinds of stories? Or how should people and why should people drop you a line if they think that there's an interesting story to share?

**Kathy** 38:09

Yeah, you know, some of the best stories are ones that aren't fully shaped.



As an example, the gentleman on the sailboat, he's a year or two into his adventure. He's hoping he can continue, but he's learning as he goes. So I think if there's that sense of curiosity, of learning, of wanting to explore together, I am more than happy to sketch out a storyline that we could explore. If somebody is willing to sit and have a conversation about some sense of transformation, of personal transformation or professional transformation. Sometimes it is something more along the lines of wellness, sometimes it's writing or storytelling, and sometimes it's just a life adventure. Like, you know, becoming an artist after being an IT project manager. You know, just a crazy leap like that.

It's all welcome. But yeah, there's a sense of wanting to explore and not having all the answers - that's great ground to kind of dig in and spend some time chatting.

**Kristie 39:19**

For me, that's super heartening and really welcome. Because for those of us that don't have all the answers figured out, it's much more compelling to listen to somebody who is still in the thick of it.

And you mentioned at the beginning of this conversation, like it's easier, it's so much easier to see it in other people and to sometimes say, "Oh, as you've been talking, I've seen this lantern and this lantern and this lantern, and they actually have been lighting your path for a really long time. This isn't something accidental or something that just happened last week."

But those stories of blossoming, for me, allow me to blossom, versus somebody that has everything figured out where maybe I hear that and I might tremble at ever wanting to begin because I, you know, there's this idea that being gentle with ourselves and when we are beginners, we should not compare ourselves to someone who has mastery. And I think that's really important.

**Kathy 40:26**

Also, too, I think we're in a world where we are shown things that are curated to the hilt. And when somebody is "in something," and it's a little messy and they're figuring it out and they don't mind sharing that. I think there's a real resonance for me. I want to know



more. I become much more attuned to what that person is doing. I become much more interested than something that's this glossy finished photo and it's like a dime a dozen. You know, let's get into something, let's explore something, let's have a real conversation.

And it's my hope that that's what listeners are resonating with - that this is just a real conversation, somebody just like them, trying to figure it out. And if you can walk away with one idea, or one Google search, or something that just gets tucked away for another time, I feel like I've done my job.

**Kristie 41:26**

I'm having this flash as you're talking, like, "I'm calling you from the bottom of the mine, and all I can see is in my headlamp." That's much more interesting. And then to have the Kathy Robinson on the other end of the phone saying, you know, "What are you hear? And when you turn your head a little to the left, what are you seeing? Is that vein of gold visible? Is it wet? Is it cold? Is it damp? Describe this for us."

That's a lot more compelling than someone saying, "Hey, I went on a trip and I saw this thing retroactively." (laughs)

**Kathy 41:59**

Exactly, exactly. And now I have this short list of people that I want to visit next year. And to be able to take this on the road.

This will be something new, being in somebody else's environment, even though it's my van, but being on their home turf. I think it's going to be really interesting, too, because that's another level of comfort.

I have one particular author in mind and a favorite place of hers that she's written about. And it's my dream to be like, "Let's go there with the equipment." Someplace she's completely comfortable in and let's see what stories come out then. Because my guess is, I'm sure she's probably had conversations like that with friends, but maybe not in this way. And where might those conversations go?

So I'm super excited about 2022 and starting to plan that out. And I thank you so much, as you were one of my very first guests, that you were open enough to turn the tide here on



me so we could test out all the equipment, we could be in the van. I think this is going to work out pretty well.

**Kristie**

This is pretty cool. (laughter) There's windows on all sides.

**Kathy**

Exactly. I'm going to get some sparkly lights in here and make it really homey. (laughter) And yeah, we'll see where this all leads.

**Kristie**

43:21

Well, thank you for pulling back the curtain a little bit on the magic of Kathy Robinson and the landscape of podcasting.

**Kathy** 43:28

And thank you so much for your very thoughtful questions. Appreciate it.

**Kristie**

Awesome.

**Kathy**

Okay.

43:33

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!