

What's Next? Podcast

Lindsey Gardner

[Snip-it's from Podcast] Lindsey: Like when I was, when I was at Oregon State and we'd have prospective students come in and they'd ask you, 'what advice do you have for us?' And I had always said the moment that you don't love it one thousand percent stop doing it. Because the teachers, the students know at some point...

[Bouncy theme music plays.]

[Introduction] Welcome to the What's Next? podcast. Let me just start off by saying. Not everyone has the same background. There is no road-map for success. Life begins at the edge of your comfort zone. Leaning into your curiosities. It does suck when you grow up. We're all still figuring out who we are. You can't just sit back and be silent. Black lives matter. It is the little stuff that makes the biggest difference. Do you have another hour? [Laughs]

[Bouncy theme music fades.]

Cody: Hello, Beaver Nation and welcome to the What's Next? podcast presented by OSU Next, I'm your host, Cody Stover. Joining me today is an educator who spent six years after college teaching at an elementary school before deciding to go virtual. She now teaches online to students across the world while also growing her wellness coaching business. She's twenty thirteen OSU grad with a double degree in human development and education. And we're excited to hear her story and ask her some questions without further ado - Lindsay Gardner, thanks for joining us on the What's Next? podcast.

Lindsey: Absolutely. Thank you for having me. I'm excited to be here.

Cody: Yeah. And just to give a quick background, Lindsay, I know that you actually are part of the OSU Next council that is helping put on this podcast. And you're also one of our, our California residents. How's everything down in California?

Lindsey: I am. I'm reppin' in the southern west coast, I guess you could call it. [Cody: Heck yeah.] California is, you know, we're in an interesting time with the health pandemic and California being California. But we'll be OK. We're making it. I'm super grateful to be on the OSU Next council because after leaving school and being such a, like, loving my experience so much at Oregon State and then graduating and coming home, it was like, wait, I'm still here. Like I exist even though I'm not in Oregon anymore. [Cody: Mm hmm.] So it's been awesome to, to be to be there and kind of be the voice of California and stay connected.

Cody: Yeah. What. So in normal times, how could other California Beaver alums, like what should they look for or why did you get involved, I guess, in the first place with OSU Next and what would you encourage other Californian Beavers who are down there to do? I mean, I guess during normal times to work and actually gather, but yeah. What would you recommend to them? People who want to get involved?

Lindsey: So I got involved because I'm obsessed with all things PAC 12 [chuckles] and then especially Oregon State. And I loved my time. And I want just, I want to stay connected with that. My vision actually before coronavirus started was to start like... And this will still happen. Just the timelines different now was to put together like SoCal Beaver alum social media account, most likely on Instagram, maybe Facebook and I want to be planning like SoCal Beav events. Like I want to meet the people who live down here in California [Cody: Yeah.] because I know we exist. And then, you know, when there's a game at UCLA or SC or anywhere in California like that, we have some Beaver friends to go to those games with. So I think I am always willing to be the contact for any SoCal or even for NorCal Beaver alum. You can always reach out to me and I would be happy to kind of help direct. Maybe there is an alumni group that would be a really good fit for you. Or maybe you're just interested in meeting another Beav, then. I'm your girl.

Cody: I love it. And I actually, as you're saying that too, I went down a couple of years ago and went to see Oregon State play UCLA at the Rose Bowl and ran into some people I knew from college who were living in L.A. or who were from California and then living in L.A. after school. And yeah, it was so cool. I'm up in Portland and so obviously we're not far from Corvallis. There's a lot of Beavs up here, but also so cool to randomly

run into people in different communities around the US and around the world. And so, yeah, that's great. If you're in California and you're and you're looking to get involved. Lindsey's, you're a person.

Lindsey: I'm a girl. And it's funny you say that Cody because I grew up in a extreme UCLA family. So we go to every game at the Rose Bowl. [Cody: Mmm hmm.] And I would go to games and I'd see other orange people and [Cody: Chuckles] they'd be like, wait, if you're here, like, I want to be your friend, [Cody: Uh huh.] how do I not know you. That's kind of actually what sparked the whole reaching out and getting involved with OSU Next council and just finding ways to, to grow the alumni group down here. Because like I said, I know we exist.

Cody: Yeah. People, people all over the place. OK, so I want to, I have a lot of questions about teaching and your wellness coaching business. But maybe first you can give us a little bit of context. Did you always want to teach or kind of what started that for you?

Lindsey: I was six years old. I walked out of my first day of first grade and I told my mom I wanted to grow up and be Mrs. Whiteman, who was my first grade teacher. I knew day one. I loved, I had loved kindergarten. I was that kid that, like, I would play school at home. Teaching was my jam. I'd sit down my younger sister and play school. I loved every minute of it. I was the first little kiddo to help out the teacher and stay in at recess and [Cody: Uh huh.] what can I do to help. And I knew that that's what I wanted to do because I had had two teachers kinder and first grade that I just loved and I wanted to do that for the rest of my life. [Cody: Mmm hmm.] And it really never changed.

There'd be like, you know, 30 seconds I'd consider being, oh, I could be like a veterinarian because then I could help kids with like when they bring in their pets. And then I had the realization that you can't always save their pet. So I absolutely don't want to be a veterinarian [Cody: Mmm.] And then maybe I'll be a pediatrician. But that would also be really challenging because what if it what happens when you do have the sick kiddo? So I thought teaching is I knew I wanted to work with kids and I loved every minute of being in elementary school so I knew my heart was there. And I grew up also in a family of teachers. My mom teaches middle school math. My dad taught business

classes at the community college. [Cody: Mmm.] My grandparents were all either like second grade teachers or elementary school principals or middle school English teachers. Like everybody in my family is involved in school. So I grew up with it. And then I had such a great experience that I just wanted to be the teacher that created those great experiences for future classes of kiddos.

Cody: So when you came to OSU, then you knew, did you know afterwards, like, OK, because you're saying, OK, I was thinking about pediatrician or veterinarian and these things when you're growing up. When you came to OSU, did you know, OK, here's the game plan, I'm going to study this and become a teacher or tell us about your experience actually at OSU?

Lindsey: 100 percent. So to, to back up a little bit. What led me to Oregon State was I... Growing up, you cut me open, I bleed blue and gold. Like I'm going to UCLA. There's no other school. Apparently there's another school in L.A. that has red and yellow as their colors. [Cody: Chuckling.] That's like a swear word in my house.

Cody: I heard there's another school in Oregon that yellow and green too. I just heard that. [Laughing]

Lindsey: I don't want it is about these other schools but we don't mention those other schools. But when, when I was about a junior in high school, came to Corvallis in like April, so it's gorgeous, and I remember walking around and it just being beautiful spring time and thinking like I could totally walk this quad, like every day. And I'm the person who was giving me my tour was like, OK, but you're from California. Like, it rains up here. [Cody: Light chuckle] And I was like, yeah, seasons. It'll be great. [Cody: Oh wow.] "No, no, no it rains a lot." Like you can go to the health center and get like light therapy. It rains a lot like. I'm like, yeah, cool. No problem.

Well, little did I know when an Oregonian says it rains a lot, they mean like a legitimately all day long. [Cody: Laughing] And I thought a lot was like, you know, for maybe an hour and then it would stop. [Laughing] So it was a rude awakening. But also on that tour, I knew I wanted to be a teacher. So I met with the dean of education and said, hey, I'm thinking about coming here. I know I want to teach. What do you got? And that's when I

learned about the double degree program. And I thought, well, perfect, because I graduate, I have my credential. I made sure it would transfer to California [Cody: Yeah.] because I am a California girl through and through. And I knew and like I left Corvallis knowing I was going to come back and that's where I was meant to be.

Cody: So and you stuck to that path, too, I know some people bounce around it, three, four or five different majors before they finally finish you, you kind of found that path and stuck with it?

Lindsey: I did not take a class that did not count toward graduation.

Cody: Hahaha... Wow.

Lindsey: Not a single one. Not a single one. I, I knew what I wanted to do. I knew that I wanted, you know, obviously to still have the whole college experience and like, go to the games that I never missed a game of, pretty much like any sport. And I was in the Greek system. So I. I knew. What I wanted my college experience to be, and I also knew that I was going to be a teacher, so I didn't take a single class that didn't count for graduation. And I actually ended up not needing to be that tied to my schedule because I actually ended up graduating a little early, a quarter early [Cody: Oh nice!] and coming home, which then end up being a blessing, because then I got experience substitute teaching, [Cody: Mm hmm.] which ultimately led to my full time job. But yeah, I, I definitely never wavered for a minute.

Cody: Ok, so I want to hear about now actually teaching, but I'm going to press pause just really quick. I saw on your LinkedIn you worked at Disneyland for a while.

Lindsey: Yes.

Cody: Tell me about that.

Lindsey: Yes.

Cody: Was that a dream job? Or is it like one of those places that you once you work there, you don't want to go there?

Lindsey: Oh, no, I still love Disneyland.

Cody: Ok, I figured as much.

Lindsey: No, I actually applied for that job, that's so funny right when you said that, I vividly remember applying for the job at Disney and I was sitting in my dorm in Cauthorn first floor, and I was I was coming home for the summer and I thought I should probably get a job like I'm an adult. I want money. I guess that's what you do. You get a job. So I applied to Disney and I worked there all, all throughout school and then a little bit into my teaching when I started just during the off seasons. So like when we came home for spring break, I'd be at Disneyland. When we came home for winter break or for summer, I'd be working at Disney, which was the best, because then I got to go for free on my days off.

Cody: Wow. And yeah. And the consistent job like during the breaks and the summers and others.

Lindsey: Yeah.

[Bouncy theme music plays.]

Cody: He beavs that What's Next podcast is a production of OSO Next, an alumni community of recent Beaver grads. If you've been listening to the podcast, it's obvious that when it comes to life after college, the possibilities are limitless and we all have to find our own path. But you're not alone. We're here to support you along the way. Join us at OSUAlum.com/OSUNext. Now let's get back to the show.

[Bouncy theme music fades.]

Cody: So let's switch over to actually jumping into the real world here. [Lindsey: OK.] You get out of school. [Lindsey: Mm hmm.] You said you started substitute teaching a bit. How did you land that first job as an elementary school teacher?

Lindsey: So I left OSU in March and also in March, I knew that I where I wanted to teach. So I started substitute teaching in the district that I went to middle and high school, and which is also the school district that my mom works in.

Cody: OK. So connections there.

Lindsey: So I had yeah, I had been I so I had grown up in that district, even though I didn't go to elementary school there because I was in fourth grade when my mom started working at one of their middle schools. So I know that's why I wanted to be. I figured they know me. So I'm likely to actually get some sub jobs.

My very first sub job was actually in second grade at Blue Elementary, which would then be the school that I stayed at my entire teaching career. [Cody: Wow.] So it was just a perfect storm. I subbed there and then one teacher would know, would get to know me and then I'd send for them and then that teacher would recommend me to another. So I was fairly busy for not getting into the sub system until March. And then that summer I applied for a job because they were hiring again, it worked out beautifully. They were hiring. Turns out Blue elementary was hiring. So I applied and they had like one spot that they were hiring for. And they didn't they didn't pick me because I didn't have experience [chuckles], [Cody: Mm hmm] which will always be the biggest catch twenty two of entering a job ever because how am I supposed to get experience [Cody: Yeah.] if nobody hires me? [Cody: Uh-huh.] And I know I'm not the person. And education is not the only industry where that happens, but that will always just be fascinating to me. [Cody: Uh-huh.]

So they didn't hire me, but they had there was a teacher who was going who needed it to go out on an extended medical leave. So right before the school year started in August, I got a phone call from the principal and said, "you did fantastic In your interview, we as you know, we hired people with more experience. But I have this essentially a long term substitute position. Do you want it?" I was like, absolutely, yes.

So I started I did the whole I was there the whole school year. The teacher I was with was actually going through chemotherapy so she would teach for a week and then go to have her treatment. And I would come in for two weeks and then she'd teach for a week and then go have more treatment and I'd come in. So I was in third grade that entire school year. And then when she came back, I stayed on as an intervention teacher just to stay on campus and subbing. And you hopefully, hopefully you're hiring again next year. And now you can see what I can do.

Cody: Yeah, so instead of kind of just then going out and trying to apply to different districts or to keep searching for that like full time teaching job, you kind of took the opportunities in front of you and said, yeah, I'll do it, and knew that they would kind of build and lead to something. Is that kind of what I'm taking?

Lindsey: Oh, yeah. Yeah. I once, once I started that long term job, I was fully committed to staying there because especially the elementary school that I was at, I loved the staff. They were so supportive of me even when I was just the twenty-two year old long term substitute, just they embraced me and I just really felt like a family. And I and I, you know, I knew like, oh, well, that kindergarten teacher is going to be retiring this year. And then it sounds like those couple of teachers will be retiring the year after. So staying here and being the yes girl - you need to do what? Yep, I'll do it. I kind of just went, like, fully committed and put all my eggs in to staying at least in the district.

Cody: What grade did you teach?

Lindsey: I ended up teaching fourth grade.

Cody: Ok, I, I think now and I have some friends who are teachers as well. And it makes me think back to when I was a kid and I had elementary school teachers who were probably, you know, in their mid-late 20s and just thinking like, you know, that's my teacher and stuff and stuff. And like they're an adult and that is person I look up to and then now thinking like, oh, my gosh, like I'm the same age as those, those teachers that I was looking up to. And it's just crazy to look back with a different perspective and think, wow, like I just thought of them as my teacher. But they also were this, you know, young person who is probably learning to be an adult for the first time,

Lindsey: 100 percent

Cody: Been in college a few years before. And it's crazy just to think back on that and be like, wow, that was that's like me now, you know, and that's, that's the teacher. Did you ever have that kind of same epiphany or do you ever have that feeling?

Lindsey: I still feel that way (chuckling). [Cody: Uh huh] My very first year, I was like, I'm a, I'm twenty three. I graduated from college like a year ago and all of a sudden I have thirty four, nine and ten year olds whose parents just drop them off with me. [Cody: Right.] And then trust that they'll be fine.

Cody: Yeah.

Lindsey: Yeah. No I had that.

Cody: Ok so you teach there for five or six years. Is that correct?

Lindsey: Yes.

Cody: OK, and then, and now you've switched over and this is pre-covid times to when not all school was online, you switched over to teaching online school. (Lindsey: Yes.) What was that transition or how did that come about?

Lindsey: So it really started in November of twenty-eighteen. So in November of twenty-eighteen I got involved with wellness coaching. And just kind of because I was doing the stereotypical teacher and what I'm told, I don't have my own children, but what I'm told mom thing and really not taking care of myself because the nine and 10 year olds needed me. So I would work 16 hour days and either not eat or eat whatever was easy. And I just wasn't taking care of myself. And I had made a decision because one of my friends reached out was like, hey, I'm doing this coaching thing. Like, what do you think? And I said, Sweet, let's do it.

So I got involved in that. And I've always been, I grew up like, I grew up as an athlete and I played every sport and I had always been an active person and I danced and all

the things and, and I miss that. I missed the team aspect and I missed the, the wellness part of me that I hadn't been paying attention to. So that kind of reignited my wellness passion. And I could do it while teaching. So that's cool. And then I started to feel better. And then I kind of started thinking, like, wellness coaches are a thing. People make a living being a wellness coach or being a health coach or being a nutritionist or, or working in that space somehow. Like, maybe I would want to do that maybe. And I didn't really put too much thought into it. And then my last year in the classroom was really hard, really hard for a lot of different reasons. And I just I had always said, like when I was when I was at Oregon State and we'd have prospective students come in and they'd ask you, what advice do you have for us? And I had always said the moment that you don't love it one thousand percent, stop doing it. [Cody: Mm hmm.] Because the, the students know. At some point most of us have probably had a teacher who we were like, why are you doing this? Do you even enjoy this? [Cody: Mm hmm.] And I never wanted to be this bad teacher. And it wasn't at all that I didn't love teaching. I loved the students. I loved working with the kids. I loved recess duty. I loved everything to do with those children in my classroom. But I didn't love all the other stuff, all the, the like administrative, political, behind the scenes, public school, and quite frankly, probably any education stuff that I felt was interfering with why I became a teacher and I became a teacher to love on and connect with the small humans in my classroom. [Cody: Mm hmm.]

And there was just so much else going on that it, it just got to be really hard to show up as a thousand percent, the Miss Gardner that I knew my kiddos deserved. And I gave it my all and I went and I actually got my masters in educational technology because I figured technology's always going to be necessary. [Cody: Mm hmm.] So maybe I'll move to more of, like a coaching role and I'll be like a technology coach for schools, because then I can still be with the kids, but I can do it in a different way. And I just, I just kind of felt like I was, I was ready to do something more. [Cody: Mm hmm.] I was ready to get out of my four walls. So that last year it was really hard, but I had made the decision that I wasn't going to be in the classroom. The '19, '20 school year. I don't know what it was going to be doing, but I knew that if I went and if I went one more year, I could I could potentially turn into that teacher who shows up and it's really hard to love on the kids just because of everything else going on that I did not want to do that. So

that was kind of an identity crisis, because since I was six, I was going to be a teacher and now I wasn't, at least I thought I wasn't going to.

Cody: Yeah.

Lindsey: So I started looking for. Well, can I do this while this coaching thing or are there other ways to teach? So that's kind of when I moved to doing it online, which is now what allowed me to be available for a lot of opportunities that didn't even exist six months ago.

Cody: It seems to be a common theme with our guests so far in that a lot of them kind of made a decision or took a leap of faith. And it's not always I think sometimes we get in our heads about thinking that, OK, I'm going to make a change when something the next great thing, like, magically appears for me. And I know 100 percent that here's my next step for my dream thing.

But as you're telling that story, I was thinking back to some of the other guests we've had this season who have told similar stories. And like you said, you knew that you didn't know what the next thing was, but you had made up your mind that you had to make a change and that that 2019-2020 school year you weren't going to be doing the exact same thing. And so we've had other guests who've made that same thing.

And I think that's a great shout out that if your guts telling you that you're ready for the next thing, you don't necessarily have to have all the dots filled in on what that next thing is to, to know that and trust yourself that you can make that that decision to change. And then, you know what comes, comes. But you don't have to have that next thing to make a move.

Lindsey: Yeah. You just leap and then you build your wings up along the way.

Cody: So talk to us about I want to know a little bit more about like the ins and outs of teaching online. [Lindsey: Mm hmm.] What are you teaching and how does it work? Do the kids just pop up or is it through a specific company or program or tell me about all the ins and outs.

Lindsey: So it's I started seeing it's also so funny how, like advertising works across social media platforms because I probably like Googled one day, like 'teaching online,' and then all of a sudden I had all these targeted ads...

Cody: Oh you're tagged after that that.

Lindsey: Yeah, on Facebook and Instagram. And I started seeing some people that I followed on social doing teaching English online to kiddos in China through this company called VIP Kid. And I thought, well, I can do that like you. From what I could tell, they got on their computer. They first of all, they set their own schedule, which was like mind boggling to me. Like you're telling me, I can teach, but I can decide when I teach? Like what?

Cody: As a teacher, yeah, that's, that's craziness.

Lindsey: What? Ok, sign me up. So from what I could tell, they open their computer. They were, the company VIP kid, gave them the presentation, the PowerPoint. It's not a PowerPoint, but it's essentially a slide deck. And the teacher taught it, well I'm a performer and I had been in a classroom teaching. So I was like, you're going to tell me what to teach. I don't to do any planning. And I get to basically play charades for twenty five minutes while I teach a five year old Chinese kiddo English? Like, OK, sweet.

So in August 2019. Right, yeah? [Cody: Last year 2019.] This year been like seven years. [Cody: Chuckles] August 2019, I thought, all right, let's look what this is all about because I gave myself the summer. I figured I'm still on a teaching schedule. It was emotionally exhausting to, like, come to this decision to just leap. So I'll give myself my, my final teacher summer. And then in August, when everybody goes back to school, I'll go back to school too. So I start with VIP kid, and what like, crossed my mind if I knew on a conscious level but hadn't fully sunk in with that when you're teaching English to kiddo's in China, you're teaching them based on the time of day in China.

Cody: Oh, right.

Lindsey: There are 15 hours ahead. And I started waking up at like two or two thirty to teach my classes.

Cody: Wow really? In the morning?

Lindsey: Oh yeah. In the morning uh huh, yep. But I wasn't like I wasn't going anywhere during the day. Like this was my job. This was the bulk of my job in August. So I was like, oh, sweet, I'll do it. And you know, I don't have kids, I don't have anybody depending on me to feed them. So like, it's just me. So I can go to bed at six thirty at night and get up at two. Sure. Classes are twenty five minutes and one kid. It's like a Zoom call. One kid comes on in the platform. You introduce yourself, you go through the lesson. Twenty five minutes later they're done. Five minutes later the next kid comes up and you teach the next lesson. And I loved it and I'm still doing it. I love it. It's so, it's so fun.

Cody: Do you have the same kids that are on a recurring basis that come back or is it is it random or how does that work?

Lindsey: Both. So some of them I've had for a very long time. Some I've had like since August, and I'll see them once a week or maybe twice a week. And then other kiddos I see once and then don't see again. I open my schedule whenever I want to teach each week and then they can register for the classes. So some of my kids I like, I have probably 15 to 20 kiddos that I see at least once a week every week, which is awesome because, you know, I've been with some of them for like seventy five to one hundred classes. And they started with me as a level one language learner, and now they can put sentences together and tell me stories. [Cody: Wow.] So I'm getting all the parts of teaching that I love on my own terms. [Cody: Yeah.] And it has been such a gift.

Cody: That was going to be my next question is, were you able to still get those parts of teaching you love but also cut out like the administrators and the political things that you weren't so fond of?

Lindsey: Yeah, yeah. And then in May, so just a few months ago now. With all of the pandemic and schools closing and just out of the uncertainty in the education world –

which is still my world, like I still consider myself a teacher - I had then I started seeing some of my friends on social media teaching with this other company that was not teaching English to kids in China, but was just teaching. So like, if you were homeschooling your children, this would be a web site that you could go to and sign up for a class in literally anything like you want to learn how to draw Harry Potter characters, there's a class on it. You want to learn calculus, there's a class on it, like literally anything.

Cody: What platform is that on?

Lindsey: This is called Out School. [Cody: OK.] O - U - T School. And, and this, this was like for me that, that missing piece, because with VIP kid, it's fantastic because I don't have to plan any of my lessons. But as a teacher, I'm used to creating so without school, I could teach what I wanted to teach. I didn't have to commit to a full day, teach it all I could say, you know what? I really like teaching fractions. So I I'm going to put together a lesson on fractions. So I get that creative piece back. And this platform is available pretty much throughout the whole world. I've had kiddos from Saudi Arabia and Australia, in Ireland and obviously the US. But it's, it's really fun because now I have that creative piece back where if I want to teach a class on, if I do a book club, I can do a book club. And so that's been kind of like the missing piece. And that I also really appreciate because it's during the daytime. [Cody: Right.] So I'm not having to wake up at two a.m. [Cody: Uh huh.] and now I get up at three thirty, which is much nicer.

Cody: I'm imagining like...

Lindsey: What three thirty looks like? (laughing)

Cody: Oh, well, yeah, that I haven't seen that for quite a while. So yes, that. I'm also thinking of like describing this to somebody like from the fifties or, or even like we don't even have to go that far back like somebody 15 years ago and saying that you're, you're, you're a teacher and you might teach somebody in Saudi Arabia, somebody in China, all in the same day. And that's just incredible in our, our connected world that that's even possible.

Lindsey: Yeah. And I, and I get to, you know, at Out School, I create my class. I determine the class size. They're small, like I usually teach groups of five or six, which is cool because then I really get to dial in on what... So every class is different because they're all going to know a little bit different levels of fractions or whatever I'm teaching. So it's been. Yeah, I still get to do the connecting with kids, the loving on kids. I get to do all, all the parts of teaching I love, but on the schedule that I created and from my house, which is... Blows my mind every day, and I've been doing it now for just about a year, and it is still so cool.

Cody: What an amazing cultural experience to to be (Lindsey: Yeah.) able to connect with people from all these different places and cultures.

Lindsey: Yeah, yeah. That's, that's definitely something that I take from it, too, especially the Chinese culture, because I've been with them for a year. [Cody: Mm hmm.] So I've, I've been through all of their different festivals and some of my older kids can explain to me, like what tell me about the Dragon Boat Festival and why is that what's important about that? And it's been really, really good for me too just to learn about other cultures and learn different tendencies and different traditions and, and have that connection. And, and I love that I get I get taught new things are new words from an eight year old that lives in Beijing.

Cody: That's incredible.

Lindsey: So it's just so cool. Yeah.

Cody: I think in like our, our day and age to like everybody or not everybody, but a lot of people in our age group are thinking of more creatively about how do I design a lifestyle that I like or, you know, the, the rigid like nine to five is not so much everybody's goal. And people are wanting to figure out how can I do the things I want to do on my time in my schedule?

And it sounds like you've kind of figured that out to some bit. But I have to ask, like with the wellness coaching, with the teaching and your full control of your own schedule, that's also a big responsibility and something to think about, too, right, is that you have

to be like constantly drawing the line of when I want to work and when I don't want to work. And is there have you had any ups and downs in that about figuring out like where do I draw the line between overbooking myself or over scheduling myself or how do you kind of deal with those decisions?

Lindsey: Yeah, I think that's a great, great question. So one of my biggest lessons in this past year has been there's a lot of ways to make money. And we live I mean, I'm an example that we live in a world where there's a lot of ways to make money that are done from your own house. Whether it's teaching, whether it's a virtual assistant, whether it's like [live out]. So many jobs can be done virtually so that has been just fascinating and I continue to have more opportunities come up and learn about new avenues that I'm like, I would have never picture that like my life the way. That I piece my career together now, I never would have pictured a year and a half ago. It's just amazing, but. Because I do all my work from home, I am of like I legitimately could work twenty four hours a day, but that's nobody's going to want to speak with me, see me, take a class for me if I'm completely burnt out.

Cody: Mm hmm.

Lindsey: So I. I'm pretty good about sleep and I'm really good about sleep, have always been pretty good about time blocking. My schedule, start with figuring out when I'm going to teach my Out School classes during the day. And then if I'm teaching enough Out School classes, I can limit my VIP Kid classes, which means I can sleep more, which means I have a longer coaching block in the evenings. But another thing to consider with the fact that I'm my own boss is I also am solely responsible for earning the money [Cody: Right.] if I'm not teaching the class, if I'm not doing what I need to do for coaching, if I'm not doing the things like no one, I don't have a salary. No one's going to just be like, oh, yeah, it's the end of the month. Here's your money.

Cody: Right.

Lindsey: Which is a great motivating factor. So for me right now, I, I definitely am taking advantage of the fact that it's just me. Like I'm not married, I don't have kids, I have the luxury of time and I'm putting in a lot of work right now to build. The teaching and the

coaching to a place where that when some say I am in a relationship and I do have children, that. I won't have to be working as much because I will have built the businesses to kind of a self-sustaining. I can just keep it going and I'm not building it up.

Cody: I have to ask, are you eating lunch more often now, too? You said elementary school you hardly got a chance to eat lunch. [Laughing]

Lindsey: Oh, my gosh. Yeah, I would eat in like four seconds. I do eat lunch much more regularly now

Cody: that's good

Lindsey: and better foods now. Like, I know what I'm eating for dinner ahead of time instead of going, oh, shoot, I'm leaving school at 7:00 p.m. There's nothing at home or I just don't have the energy to make anything at home. What can I drive through and get. No, I'm much healthier and happier.

Cody: I bring that up too because my mom was a high school teacher growing up. And I remember like when I was in high school living with my parents, I remember her sometimes coming home from her - she taught at the other high school across town - and she would come home in the evening and pull out her lunchbox to make her lunch for the next day. And she'd be like, oh, my gosh, I didn't eat my lunch. Like, I guess I'll just put this back in the fridge and go tomorrow.

And, you know, it correlated exactly with what you're saying. Like, I think I have mad respect for the teachers out there and know that, yeah, it's not like you have your lunch break and you're in your time off. You're there for those kids. And so also really glad that you're getting a chance to have self-care, too, now, at this point.

Lindsey: Yeah. And I and I think I know that that, that aspect of, of what became really important to me with the wellness coaching and just with realizing like, oh, when I exercise and I'm eating, I have more energy to show up better for my students. [Cody: Yeah.] Like, then you get into that that not vicious cycle. You get into that super productive and rewarding cycle.

Cody: I appreciate you sharing all that, Lindsey. And I was going to ask, too, is the VIP kid stuff... If somebody is interested in that is that something that you have to do some, some schooling to get involved with or can someone check that out on their own? And also for the other, other one, what was it Out School?

Lindsey: Yep. So great question. VIP kid I got in before there was a bill or a law or some level of some legislation passed with about independent contractors in California, which obviously is where I live. And VIP kids specifically closed their doors to California teachers, but they still are open to every other state in the United States. And no, you don't have to have like a teaching credential, you have to have a bachelor's [Cody: Mm hmm.] and they like if you have experience with children that can literally be babysitting. But VIP kid is, it's great, especially if I think it's a really great platform for somebody who's just coming out of school and just looking for experience teaching. [Cody: Yeah.] Obviously it's super unique because you're teaching a language to kiddos who don't know your language. So if you're going to work with younger kids like kindergarten or first grade or preschool, I think VIP kid is fantastic. Or if you're looking to supplement your income, VIP kids great, because the hours are certainly not when you're in your classroom teaching [Cody: Uh huh.]

And then Out School, out school is similar, don't have to have a teaching credential, just have to have a bachelor's, experience working with children, and a passion for whatever topic you're going to teach. Because again, you could be teaching knitting on Out School. Like Out School does not have to be academic. And both of those platforms are fantastic, and if anybody is interested, like you can reach out to me, I don't know if we can put, like, my contact information in the show notes or something, but I would love to chat about online teaching with anybody who's interested in it and Out School, too, especially right now, with the education future being so up in the air right now [Cody: Mm hmm.] is another great opportunity to get your feet wet or make your what you're doing as a teacher this year, if you were hoping would land a full-time job. But that isn't happening, Out School's a great way to get teaching experience. And even if you're not a teacher, even if you're in the tech realm and you could teach a class to 16 year olds about coding [Cody: Mm hmm.] like they would love that. Out School has had is literally an option for everybody, because if you're passionate about what you do, you could teach a class.

Cody: I want to, I know we just have a few more minutes here, so I want to wrap up with our fun segment. So this first one is called What's Got You Hooked? And it's whether you are a Netflix or Hulu Junkie, podcast super fan, or maybe you're the voracious reader type. We have to know what's that form of content that's got you hooked right now?

Lindsey: Audio books. Right now I'm listening to a book called Atomic Habits. It's incredible. I love it. And then I am a sucker for crime podcast, [Cody: Oh yeah.] crime junkie is my jam. [Cody: Uh huh] I think I've listened to a couple episodes like three times because it's so good. But I'm also a big scaredy cat, so I cannot listen to them when it's dark or when I'm home by myself, [Cody: Uh huh] which is always because I live by myself. [Cody: chuckling] But I was driving crime junkie is fine as long as it's daytime.

Cody: Yeah, I really like the crime, crime stuff as well. True crime podcast, investigative and things. But yeah, you're right then when you, when you listen to it and then you're like going to bed and you glance out at the dark night. Yeah. Ok, this next segment is called What Are You Munching On? So physical and social distancing has us all chilling at home a lot more than usual right now. What's been, during these covid times, what's kind of been your go to takeout food spot or that that, you know, that comfort food that you've been munching on during these times.

Lindsey: Oh, takeout.

Cody: It doesn't have to be takeout, but when we wrote these questions, that was one of the only options around the country. So.

Lindsey: Yeah, right. Well, my initial is like my go to snack is apples and peanut butter. I love it, but that's not a fun answer. If I'm going to go get something, it would be Chinese.

Cody: OK I, I just our last guest on the show had a very healthy answer also, and I've just been like, everyone's so healthy, like, I guess we've just got some really healthy guests.

Lindsey: Well you know it's part of my job.

Cody: Yeah, yeah, and yeah.

Lindsey: If I was in Corvallis thought it would for sure be Local Boyz.

Cody: Oh yeah. Shout out Local Boyz. (Lindsey: Uhu huh.) The best. Local Boyz is never open on Sundays though. And I would always be craving it like on a Sunday afternoon. I'd be like, oh, let's walk down to Local Boyz. And then I would always forget that.

Lindsey: But you get there and you're like, oh no.

Cody: Yeah. Motivates me to then remember. OK, Monday through Saturday.

Lindsey: Yeah, we got to get there.

Cody: Yes. Ok, this last one is called Globe or Garage? So whether you're an avid traveler, hence the globe or a proud homebody, hence the garage, when it's safe to travel again, what's one place that you currently have on your travel bucket list? Or if you're more of the garage, what is a project or hobby that you are taking on?

Lindsey: Ok, so I am a total homebody, and I took on the project of painting the interior of my condo, so and the next step is going to be floors. But I also definitely do have my travel bucket list, and it would be to get back to Spain with my sister.

Cody: Hmm. Whereabouts?

Lindsey: So she studied abroad and I think I got forty five minutes to an hour away out of Barcelona in a town called Oviedo, [Cody: OK.] She was studying abroad and I was teaching. I went over on our spring break and we went to Barcelona and London, which I know is not in Spain. I had to go see Harry Potter [Cody: Uh huh] in London and then also in Spain, we went to this like coastal town Malaga, which was gorgeous. [Cody: Uh huh.] So we're going to go back when we're not on a like Lindsay has five days to be

here time crunch. [Cody: Yeah.] Really enjoy it. I don't know if it's going to be like right when Corona ends, but at some point we'll get back.

Cody: Yeah, I have a coworker who actually lives in Malaga and yeah, it looks beautiful.

Lindsey: It was just gorgeous, gorgeous of course. I mean, Spain and Europe is just so beautiful, just like walking the little streets of Barcelona and seeing, seeing all of the museums and the art studios. And the architecture is wonderful.

Cody: Well, Lindsay, I know we're wrapping up here, but, yeah really appreciate hearing about your whole experience going from teaching and then now another form of teaching in the virtual world and then also your experience with wellness coaching. Yeah, thanks for just sharing all of it with us.

Lindsey: You're welcome. Thanks for having me.

Cody: To all our listeners out there in Beaver Nation, as always, we will see you next time.

[Bouncy theme music plays.]

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