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Hi there and welcome to the Jamie on purpose podcast. We're back for what we'll call season two. There is a ton of good stuff from the first 22 episodes, and I'm really excited to be here again, talking with you. If you're new around here, or if it's been a while, since you listened, this show is for the ambitious and aspirational young professional woman who wants to make the world a better place. We chat all things professional and personal development along our journey to being tomorrow's world-changing CEOs, government officials, and community leaders. Today, I'm giving you a little life update and a behind the scenes look at what I've been up to for the last year and a half. I will say that in my life, I have experienced the discomfort of feeling stuck and of not knowing what to do next or not being able to move or move on.

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You know, these last 18 months have not been that. They have been the discomfort of doing---to put it eloquently--- a crap ton of things <laugh> which is preferable to that stuck feeling. But still it's, it's been a wild ride and not a comfortable one at all times. So the last time that we talked was March of 2021. So I'm recording this in August of 2022. So it was 18 months ago almost. At that point in March of 21, I was working as a managing consultant. So I was a project manager at that time over in acquisition. So I was working as a consultant working with one company. They were acquiring another company and I was the project manager to make sure those things went smoothly. Prior to that job, that role, I mostly worked on technology related projects. So from writing code on an enterprise level to being the project manager of a custom app development project.

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So I've done quite a variety of things in my, in my professional career up to that point in March of 21. So at that point I was also working from home because we were still like pandemic time. And so we were still working from home almost exclusively. I mean, I think I went into the office like maybe twice from March of 2020 until March of 2021. But other than working from home, it was still very much a like corporate job. So I was working 45, 40 to 45 hours a week. Building decks, running meetings, sending emails, like all of the things that you see, like the memes about that was, that was very much... (Or maybe I see the memes because I follow like the consulting humor accounts on Instagram <laugh>, but) that, that was very much my life.

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Also right about that time, when I, when I recorded that last podcast I was just about to have my first interview for a job that I would eventually take. So that job was to teach at my Alma mater, the university of Alabama in the MIS program that I graduated from. So that's the management information systems program. That's the major that's inside of the business school at the university of Alabama. So that also meant you know, moving away from Dallas, where I was living with my then boyfriend and now fiance, YAY! to be in Tuscaloosa during the semesters. So I won't spend too much time on the details of kind of going through the transition from the corporate job where I was the consultant to teaching. But what I will say is that this job had many things that were appealing to me, and this was definitely a step in the right direction of the kind of life that I wanted to live.

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I have said for years that I want my work to make a positive impact on the world. And I really felt that teaching in this, in this role would give me that feeling. I was also really eager for the change in the

schedule. So by teaching for a university, I would have summers off and a month-ish off at the end of every year between the fall semester and the spring semester, over Christmas and new year's and that sort of thing. And in addition to that, except for the, you know, 10 or so hours a week that I was actively standing in front of classroom teaching, I had full autonomy over how I spent my time and did my work. I was really craving a change to give me more time freedom, and this job was an answer to that. So it, it worked really well in those aspects.

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And I am just now coming off of essentially my, my summer break. So I was a nine month employee. I was paid over 12 months. So I did not quote unquote earn money over these last like three ish months since the like first week in may to the first week in August. But I was still paid as if I was working. So that was a, a pretty sweet gig sweet, pretty sweet perk of the role. Another really compelling reason that I wanted to take this job and that I did take this job was that I have considered getting my PhD for years, basically since I graduated with my master's and then realized that consulting was probably not gonna be my forever job, which happened like six months into consulting after I graduated <laugh>. So this was a great opportunity to kind of test drive being back on a college campus, again, being on the teaching side of the equation, just seeing what life looks like for someone who spends all of their time, like in a university setting teaching research, that sort of thing, my master's was not research based.

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And so that was another big question mark for me was like, is this something that I'm even going to enjoy doing? Is this worth pursuing? And if I decided that I did wanna go for it, one of the benefits of being an employee was that you could take some free classes. So you got like, I think it was one free class every semester, two free classes over the summer. And every class that you took above that was like half the cost of normal tuition. So I could have taken six classes in a calendar year for the cost of two. No, for the cost of one. Yes. That's how that math works: for the cost of one. And so what that means is if I decided that I wanted to get my PhD, this was, you know, a really great opportunity to do it while I was still earning an income and then also not have to pay extra, like a whole lot extra for the classes themselves.

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Another reason why this was really interesting to me was that I am from Alabama. So I would be closer to my family. So family of origin, my parents are still both in the state of Alabama. So being, you know, not in Texas <laugh> meant that I would be a lot closer a lot closer to them. So, you know, all good signs. I was really excited for it. And I went for it and went through one of the hardest interview processes that I've ever gone through. It was, it was very, very in depth lots of rounds, lots going on. But, but then I did get the offer. I did accept the offer. So I stayed in my consulting job until I think it was like mid-July of 21. And then I bought a townhouse in Tuscaloosa and then moved there, I guess, at the beginning ish of August.

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And then the semester started midway through August of last year and I jumped into teaching at that point. So between teaching in the fall and the spring I taught on topics like intro to programming, so like actual like computer programming, writing code, that sort of thing, project management, UI/UX, like quite a variety of things. And those were all within our our major classes. So for the students who were, have declared MIS as their major and in case you don't know what MIS is totally cool. Management

information systems is what it stands for. It's basically, if you were to like pick up computer programming and drop it into the business school, like that's kind of one way to think about it. So we teach computer programming but it's all within a business context. And then the core curriculum, like the rest of the classes that you take are all business classes. So you would take accounting and finance and stats and operations management and marketing, and that sort of thing.

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Inside of the major, we like to say that we solve business problems using technology. So that's kind of what it is, all that to say. That's, that's what MIS is. And so in addition to those other topics that I taught about, I also taught and intro to MIS class for everyone in the business school. So I answered that question of what even is MIS many, many, many times in many different ways. So in addition to those classes that I taught, I got to be the faculty sponsor for three of our senior capstone projects, where I got to essentially advise the project manager project managers. I had two who were seniors and one graduate student got to advise them on how to run their projects, which was really enjoyable. That was probably the favorite, my one of my favorite roles that I had.

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And then outside of classes, I got to run extra workshops on things like resume reviews, like dress codes and how to write cover letters. So all that to say, I can absolutely see why people love this job and wanna stay there forever. There are some really like solid perks that are part of it. However that, that wasn't me. I didn't, I didn't love it. In a variety of ways, it didn't meet my expectations. And I got to really test out a lot of things. I got to test out if a PhD was something that I would want to do if teaching in a university setting is something that I want to do. If the time freedom that I got in this sort of setup was sufficient for what I really feel like I need and want.

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So there was, I bought a house. I mean, that, that's kind of cool. So I tested out a bunch of things and checked a lot of things off, and then also crossed a lot of things off of my list that I was able to identify, like, I don't love this, this isn't my thing. This isn't my sweet spot. I, I also really didn't like living mostly by myself. So Charles and I were mostly long distance. We traveled back and forth. So we still ended up seeing each other roughly twice a month. Sometimes just for a weekend, sometimes he was able to come and stay for like five days or six days. And then when we had those big breaks, it was great because I could, I could come back here and spend more time, but for all intents and purposes, you know, I was really living by myself.

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It was up to me to make sure that the trash went out every Thursday. And that was really hard to be in that environment. So all of that was kind of happening bubbling under the surface. I was trying to identify, and I actually wrote about this in my, my morning pages the other day of "When is it discomfort because you're growing and it's a good discomfort?" And on the other side of that discomfort like it's, you're gonna stop being uncomfortable because you've grown and you feel better. And so that's kind of option one door, one, option two is when is it discomfort because it's misaligned. Like, it's something really isn't right here. There's, there's not a mesh of values and opportunities. And instead like, as time goes on, this is just gonna feel worse. Like this is gonna get more uncomfortable.

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So that's kind of where I was. I, I was, I knew that I was feeling not great in it. But was, was still trying to figure out what kind of discomfort it was gonna be. And then to kind of layer on top of that in January of this year of 2022, right at the start of the semester, I had some health concerns pop up and needed to be in Dallas for several appointments, with specialist, with a cardiologist, with an electrophysiologist EP, something like that for my heart. And you know, having to travel back and forth to Dallas, cuz this is my, my doctor is based in Dallas. And so the people that she referred me to were based in Dallas. And so just all of those things it made it even harder to be engaged in the classes that I was teaching and really next to impossible to build any relationships with the people that, that I was working with which was already a challenge.

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So one of the byproducts of just how much kind of freedom and independence that is associated with a role like this teaching role was, is it's also a little bit isolated which I wasn't anticipating, like I didn't have any true coworkers. Like I didn't work except for very specific projects that were kind of like one off and above and beyond. I didn't have people that I worked alongside to achieve a work related goal. I didn't have a manager, I didn't have someone who was like checking on my work product or saying, "Hey, you got that test prepped for students to take it on Thursday, right?" Like all of that was just completely up to me to manage on my own, which like the I'll use the like Clarity on Fire. Hopefully you have heard me talk about them. Clarity on fire has a, it's called the Passion Profiles quiz.

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And it talks about how you like to work and what your values are around work. And I'm a, a total Firestarter. So basically like I want complete freedom over my time and my earning potential and the work that I do and all of those things. So I'm kind of all over the place with that story. So with, you know, not having a manager that really appealed to the Firestarter in me, but I also like struggled to make connections with other people that I was working with because I wasn't like in an environment where it's kind of forced. So anyway back to the health stuff. So as that kind of progressed and I was getting a little bit clearer on, okay, this discomfort that I'm feeling, isn't just growing pains of, I'm just acclimating to a new environment.

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This actually feels like it's, it's not really aligned with who I am and what I wanna do long term. And the health stuff just kind of then helped me make the final call of like, okay, I'm not going to return to teach in the fall. So I sold the townhouse. And as of May of this year, May of 2022 I am back permanently in Dallas. So I had a little bit of work. I had one more project that I was working on for the university over the summer that wrapped up last Friday. So I'm recording this on a Tuesday. And so as of yesterday slash today that I'm recording this I am officially a full-time business owner, so maybe this is the official announcement that I am starting my own business. Woohoo. You know, I've been working on creating content for a long time.

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If you have listened to the podcast before you, you know, that I started the podcast and the blog back in 2020, and it was always my intention, well, maybe not always, but it was certainly the growing intention that, that I would take this full time and have this whole platform Jamie on Purpose stuff become my business. So that's what I'm doing. I'm transitioning my desire for teaching, my passion for personal and professional development into specifically online courses and books and continuing to podcast and

hopefully some speaking and just kind of being open to whatever the entrepreneurial winds throw my way. So with that if you followed me for any length of time on like Instagram, you probably know that I have been in the process of writing a book for what feels like forever.

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In reality, I started working with a book coach in April of 2021. So I started actually writing, I got the idea for the book, like, I wanna say it was even like 2019. It's been, it's been a long time and started working on it a little bit throughout 2020, the beginning of '21 hit. And I was like, okay, this is the year. Like, I'm really gonna buckle down. I'm gonna gonna finish this. And so I hired a book coach and we started working together in April of 2021. We worked together for six months ish. So we concluded in September of 21 and then I started working with a company to help me publish it. So I have been actively working with them since December, December or January is right around the end of the year, beginning of the year.

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And we finally have a published date set. So the book is actually going to be published on drum roll, please, September 27th. So I, I really, I cannot wait for it to be out in the world. I'm going to do another podcast on the whole process because well, one, I loved listening to those when I was an aspiring author. And I guess I still am an aspiring author. It it's done, the book is done at this point. So I'll, I'll claim it. I am, I am an author. So I loved listening to other people talk about their process. But then also if you're curious about, when people say that writing a book is really hard, or like the fact that it has taken me about 18 months since I like really buckled down and started writing to get it to be actually published and, and a stranger could go and, and buy it.

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So if you're curious about that whole process <laugh> then I'm gonna do a whole podcast that kind of just walks through all the different steps and what my experience was like. And then as far as the book itself, you will hear a lot more about that in the coming weeks as we get closer to the launch, but go ahead, mark your calendar for September 27th. What I can tell you is that there will be a first week promotion. So the first week that it's available. So September 27th to October, I think is like third or fourth the book is going to be heavily discounted. I really want to get this book into as many hands as possible, and I want it to be in, in your hands. So you can get the ebook, the Kindle version for much cheaper than you will ever be able to get it again.

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So just go ahead and mark your calendars and like, if you have a budget that you work for, go ahead and like earmark, just a few dollars for September 27th. And you too can, can get this book. Okay. So that's, you know, a lot of what I have been up to, which I think is cool. I like to share that sort of thing, but I also wanted to make this valuable for you. And as I was reflecting on this update, there were two exercises that I wanted to share that have really helped me over the last six months or so, as I navigated this much change because as you can imagine, you know, moving, changing entire careers, not just changing jobs, but changing careers, moving states, all of the things to then turn around and change jobs again to this job and move states back.

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And it just, all of the things like it's just been quite a lot of change. And I, I guess I'll just, I'll say, like I have a video that I took of me sending in my formal resignation email to the Alabama job. And, you know, in the video you can hear, like, see me, like, okay, I hit enter. And then I just start like sobbing. That was my third resignation letter in three years. And it's easier now that I have a little bit of distance from it and I can even, you know, kind of tie it all together in a nice like narrative like I did earlier. Like I can explain to someone else why I made the choice that I made to go to this job. I can explain why I made the choice that I made to leave that job. But when I was in the middle of trying to decide whether or not I should stay it was so confusing and scary and difficult, like it was, it was really, really tough. And I don't, I don't really identify as a people pleaser, but one of my main hesitations with resigning was that I was really worried what other people would think and that I would disappoint people for a while. I fixated on everyone who, who I imagined would roll their eyes in disbelief or irritation, or think that's a dumb decision.

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And then one day I thought about a different question instead of "Who is going to be disappointed in me?" I thought "Who is going to be proud of me? Who in my life is going to be so proud that I made the decision that was the best for me, the one that was the harder decision? Who is going to be happy that I am choosing to do something that is in alignment with what I want, who is rooting for me?" It's gonna make me cry,... "Who is rooting for me to be everything I can be and to live my life to its fullest extent?"

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And so I made a list of those people, the family members who really care about me, friends who want the best for me, people who I have worked with in the past, who saw my potential and drive and fit all of these criteria. I even think about when other people I was, you know, friends with, or maybe just acquaintances with in high school or college. When I see those people often on, you know, social media, they swing big, they make a decision, they go to law school or they move to New York or whatever. And then within a certain period of time, like they talk about that they dropped out or that they moved back closer to home. I love seeing people make those hard decisions that are right for them. Like it motivates me so much and just inspires me when I see other people share those things, because I'm like, like you're out there making a really hard decision.

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And like, you're probably worried that people are gonna judge you. And honestly, people probably are gonna judge you and you're still doing what's best for you. And that just, Ugh, that just lights my fire. So you know, as I was making my list of who is going to be proud of me, I, I even alluded to some of those people too, like the, the ones who have made the similar decisions, the people who have been in this same spot and might be proud of me too, for, for making that hard decision. So these were the people that I actually wanted to answer to. And that, that really helped me make my decisions.

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The other exercise that I have leaned on in the last, you know, six months or so is I, I have really cultivated clarity around the idea that I'm allowed to change direction. So when I was first exploring this idea, the thought was that I am allowed to change my mind when I'm, when I get it wrong in the first place. And I, I still think that that's valid, but it's, it's incomplete. So yes, if I made the wrong decision or held an opinion that was incorrect or anything like that, I can change that later. I, I give myself permission to be a, a evolving, growing human and, and change that. And I can also changed direction if

the decision that I made the first time was correct for me at that time. And then I got more information I evolved. I was talking earlier. I've had three professional jobs since graduating college, which was about five years ago and each one was better and more aligned for me than the one before it. And I have now left all three of them. It was the right decision to join them and the right decision to leave them both can be true, and I give myself permission change direction.

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So that gets us to where we are today. So that was, that was a fun, you know, Trek back through history. <Laugh> over the last year and a half, I am thrilled to be back into the podcasting world. And we've got just a few weeks until the book comes out and I have some other surprises up my sleeve, as well as we really lean into this business that I am building for you as always. I hope that this was helpful and interesting, and perhaps even entertaining. I'll see you next time.