

Wynne Leon (00:00)

What can 200 episodes teach us about having better conversations and making more meaningful connections? I'm Wynne Leon, and in this special episode of The Life of Try, Dr. Vicki Atkinson turns the tables and puts me on the guest seat as we look back on nearly four years of podcasting. And while we could talk about microphones, editing, and all the behind-the-scenes work, the biggest lessons have been about people.

How preparation creates depth, how presence invites honesty, and why the best conversations happen when we stop trying to make them perfect. We talk about showing up with curiosity, serving the listener, allowing trust to grow slowly, and remembering that even the most accomplished people are still figuring things out. Most of all, we celebrate the connection at the heart of every episode.

When two people meet in the middle, feel seen, and create something neither could have made alone. So join us for a look back on 200 episodes, the helpers who made it possible,

And the simple truth that keeps The Life of Try moving forward. One conversation, one connection, and one try at a time.

Wynne Leon (01:17)

Hi Vicki!

Dr. Victoria Atkinson (01:18)

Vicki.

Hi Wynn. Woo.

Wynne Leon (01:20)

I

love seeing you, my friend.

Dr. Victoria Atkinson (01:25)

my gosh. It's been a minute, but you know, life keeps chugging along, right? Yeah. Yeah.

Wynne Leon (01:29)

Yeah. Yeah. Well

I was looking back to when we started podcasting and that back in the Sharing the Heart of the Matter. That was February of 2023 We've been doing it for nearly four years and over two hundred episodes and that made me think, We gotta talk about this.

Dr. Victoria Atkinson (01:51)

Well, I mean, what could be better for your new platform, Life of Try, right, than talking about talk about chugging along, right?

I'm so excited for you because as you're continuing your podcast journey with Life of Try, I feel like you've got so much purpose.

and so much positivity around the sharing that you're doing. So, you know, kudos to you for hitting that two hundred number. It's quite an accomplishment.

Wynne Leon (02:18)
th

thank you. it started because you said yes and I am
so grateful.

Dr. Victoria Atkinson (02:23)
I think we've had a really good time, right?

I think, that thing that we do when we say yes is it takes us down the road apiece, and
then we get to explore what the options are and learn as we go. But I think, what we did
together has helped you to kind of really

Wynne Leon (02:39)
Mm-hmm.

Dr. Victoria Atkinson (02:40)
find your stride now.

Wynne Leon (02:42)
Yeah.

Dr. Victoria Atkinson (02:42)
With

Life of Try and I love it wishing you

Wynne Leon (02:44)
Mm.

Dr. Victoria Atkinson (02:44)
and I know I speak for everyone loads of success as you keep building that out. You're
welcome.

Wynne Leon (02:49)
well thank you. I I'm

so grateful for you.

Dr. Victoria Atkinson (02:54)
I was thinking about having the time to talk to you about Life of Try and yes, the episodes that have preceded it, but building out kind of a library of two hundred episodes.

I'm so excited to, be the one to kind of put you on the hot seat today and I've got questions. I've got questions.

Wynne Leon (03:14)
Alright, wow. I'm I'm a little scared.

Dr. Victoria Atkinson (03:18)
No, don't be scared. Don't be scared.

So one of the things that I'm curious about is across, you know, now 200 episodes, if you had to really think about, what you've learned and what stands out to you the most about hosting, producing, creating, are there certain things that you think viewers, listeners, you know, should hear from you? Cause you you have

Wynne Leon (03:41)
Yeah.

Dr. Victoria Atkinson (03:43)
massive credibility that you wouldn't

acknowledge for yourself

Wynne Leon (03:48)
Mm.

Dr. Victoria Atkinson (03:48)
in the same way that I can shine a light on it. But what are those things that you have learned?

Wynne Leon (03:53)
Mm.

That a great question. And I think, you could talk about technical podcasting things every day, but I what I've mostly learned is about having conversations. And the thing that I've learned

is that you can't be a host and producer at the same time. You know, for every episode, we do a lot of prep, as you know, we

Dr. Victoria Atkinson (04:16)
Mm-hmm.

Wynne Leon (04:17)
read the book or we check out what else somebody has written or the other interviews and we do a lot of preparation. And then re record the episode. But the production is

as least as much time in the

Dr. Victoria Atkinson (04:31)
Yeah.

Wynne Leon (04:31)
post-production as it is to get ready. Or and sometimes almost is twice as much.

Dr. Victoria Atkinson (04:33)
Mm-hmm. And in twice as much. Mm-hmm.

Wynne Leon (04:37)
when I start trying to do the producer

Dr. Victoria Atkinson (04:39)
Mm-hmm.

Wynne Leon (04:40)
when I'm having the conversation, it just closes down the openness. it

Dr. Victoria Atkinson (04:45)
Hmm. Hmm.

Wynne Leon (04:48)
it's like what I found from writing.

you can't write and edit at the same time, or at least for me, I need to get it out on the paper. If I try to

Dr. Victoria Atkinson (04:55)

Yeah. Yeah.

Wynne Leon (04:59)

edit it at the same time I'm writing it and try to think, how is the audience gonna receive this and how is I gonna you know, how is this gonna land? Then it just

Dr. Victoria Atkinson (05:03)

And how was I gonna you know, how is this gonna land? Yeah. Then get it just

Wynne Leon (05:08)

comes out as super stilted. and it's the same thing with hosting and I and I don't think it has to do with everyday conversations, you know?

It's okay if we pause. It's okay if we start one thought and end up on another thought. you can recover from that. But you can't recover from a lack of openness. I mean, it just changes the

dynamic between the host and the guest, and it changes dynamic to the conversation that you're gonna have with somebody in a parking lot.

Dr. Victoria Atkinson (05:38)

Yeah. Yeah. Yeah.

Wynne Leon (05:42)

Because you just if you're editing yourself, you just not being yourself.

I'll say personally, I come to a conversation with a different heart if I think about editing.

Dr. Victoria Atkinson (05:50)

Yeah. Well, editing and you know, I think one of the things that you and I gave up a long time ago in a lot of ways is this pursuit of perfection. Right. You

Wynne Leon (06:00)

Right.

Dr. Victoria Atkinson (06:01)

know, and and as you said, it's analogous to writing, that you have to do the creating, right? And and

Wynne Leon (06:05)

Mm-hmm.

Dr. Victoria Atkinson (06:06)

to create the right environment when you're hosting, I think one of the things that you've done so well is make guests comfortable because

Wynne Leon (06:13)
Mm.

Dr. Victoria Atkinson (06:14)
then there's a a higher likelihood

Wynne Leon (06:16)
Right.

Dr. Victoria Atkinson (06:17)
that you're gonna get quality content that

reflects well for them, you know, on what

Wynne Leon (06:21)
Right.

Dr. Victoria Atkinson (06:22)
they've done, but also makes for a good conversation, right?

Wynne Leon (06:25)
Yeah, yeah.

Dr. Victoria Atkinson (06:26)
Because the questions may have been designed, you know, or devised ahead of time, but really the magic is in the spontaneity. Yeah.

Wynne Leon (06:33)
Right. Right. Well and

and I think you touch on another thing that we've learned from podcasting, which is if you wanna have depth, you have to prepare. And

how many times have we heard from guests, you read the book?

Dr. Victoria Atkinson (06:47)
Ga

Wynne Leon (06:48)
It was like, Yeah, we did. I mean, if if you just wanna go from that one page media sheet,

And and they're often really good questions, but it's not gonna be a meaty conversation because you won't

Dr. Victoria Atkinson (06:59)
Agree.

Wynne Leon (07:00)
have to you have to spend the time reading with the book or researching the topic

Dr. Victoria Atkinson (07:02)
Yeah. Yeah.

Wynne Leon (07:04)
or thinking about how the topic has impacted you.

Dr. Victoria Atkinson (07:06)
Mm-hmm.

Wynne Leon (07:07)
And you know, there's a quote from author Parker J. Palmer.

Dr. Victoria Atkinson (07:12)
Mm-hmm.

Wynne Leon (07:14)
the inner life of any great thing will be incomprehensible to me until I

develop and deepen an inner life of my own. Right? And

Dr. Victoria Atkinson (07:25)
Mm right? Mm-hmm.

Wynne Leon (07:27)
and that's I think this true again of all conversations, unless you're

Dr. Victoria Atkinson (07:31)
Mm-hmm.

Wynne Leon (07:32)
willing to go there and and think about that depth,

Dr. Victoria Atkinson (07:35)
Yeah.

Wynne Leon (07:36)

you won't it's not that you will know that you're missing the depth. It's just gonna s remain incomprehensible.

I remember a conversation I had with Amy Wineland Daughters who wrote the book

Dr. Victoria Atkinson (07:47)

Mhm.

I

Wynne Leon (07:48)

Dear Dana, about

Dr. Victoria Atkinson (07:50)

love that. I have it sitting here at my desk. I love that book, yeah. Such a good book, yeah.

Wynne Leon (07:52)

Yeah. It's such a good book and she wrote

every one of her Facebook contacts

Dr. Victoria Atkinson (07:58)

Yeah.

Wynne Leon (07:59)

of a letter and talk about preparation, you know, like even the

Dr. Victoria Atkinson (08:01)

Yeah.

Wynne Leon (08:03)

random child of a friend that she met at a wedding, she wrote a letter to. Any anyway, so she was on

Dr. Victoria Atkinson (08:07)

Mm-hmm.

Wynne Leon (08:09)

the Kelly Clarkson show, she and her friend Dana. And in the conversation that I had with her in advance, I like, Well did Kelly Clarkson read the book? And she's like, I think she had or she really was

Dr. Victoria Atkinson (08:21)

Mm-hmm.

Wynne Leon (08:22)
Briefed awfully well. Yeah.

Dr. Victoria Atkinson (08:24)
Yeah. Yeah.

But it it makes a difference and I think, you know, you investing all of, you know, kind of your heart and soul in this and wanting the best finished product, part of that is taking care of the guest, but also it's a reflection on you and your interest, I think, and it comes across, I think, all the people that you meet, I think probably in all facets of your life, that you are interested in depth. Yeah. Right? And and people love that. Right.

Wynne Leon (08:50)
Yeah. Well yeah. Right.

Dr. Victoria Atkinson (08:53)
It's real.

Wynne Leon (08:54)
Yeah. I would say

Dr. Victoria Atkinson (08:55)
Yeah.

Wynne Leon (08:55)
the same kind of note about depth comes f on the guest side too. You know, the ones that really land and the the best conversations and whether

Dr. Victoria Atkinson (09:01)
Mm-hmm. Yeah.

Wynne Leon (09:05)
again in podcast or in person, are the ones who show up with with more than a prepared pitch. You know, they've thought

Dr. Victoria Atkinson (09:12)
Mm-hmm.

Wynne Leon (09:13)
about the topic, they've listened to the tenor of the question, and

Dr. Victoria Atkinson (09:17)

Mm-hmm.

Wynne Leon (09:18)
they tell stories and

And I'm thinking about Peter Samuelson. You remember him, right? he was a filmmaker, such an interesting guest. He had a million stories about connecting with others. And as a filmmaker, he

Dr. Victoria Atkinson (09:21)
Mm-hmm. I too, yeah. He was a filmmaker.

Wynne Leon (09:31)
was very practiced in the art of the pitch. He's you know, he

Dr. Victoria Atkinson (09:35)
Yeah.

Wynne Leon (09:35)
he talked about people being prepared to say no in his industry

Dr. Victoria Atkinson (09:38)
Mm-hmm.

Wynne Leon (09:39)
and you know, he talked about going into Steven Spielberg's office. Remember that one? And and

Dr. Victoria Atkinson (09:44)
Yes, my gosh.

Wynne Leon (09:47)
Just how to how to prepare for that, to to ask

Dr. Victoria Atkinson (09:49)
Yeah.

Wynne Leon (09:49)
him to be part of the Starbright Foundation. Or the time that he went to meet with the Chancellor of UCLA and the youth chancellor said,

Dr. Victoria Atkinson (09:55)
Mm-hmm.

Wynne Leon (09:57)

surely you're here because we are such a fine academic institution And Peter's thinking, Yeah, but really you're the closest to me, so

Dr. Victoria Atkinson (10:05)

Mm-hmm.

Wynne Leon (10:06)

if you said no, I wouldn't have gone very far, right? Yeah

Dr. Victoria Atkinson (10:09)

Yeah, yeah, yeah. But being able to roll with that, you know?

Yeah. But he

Wynne Leon (10:14)

But he also

I mean, so he's he's a filmmaker, he's really good at pitching

Dr. Victoria Atkinson (10:17)

Uh-huh.

Wynne Leon (10:18)

stories, but he also, could tell the story of the second law of thermodynamics like a scientist. Because he'd practised it. He'd punched it up as he put it. 'Cause you know, and that's true

Dr. Victoria Atkinson (10:25)

Because he practiced it. Yeah. He punched it up as he put it. Mm-hmm. You know, and that's

Wynne Leon (10:30)

you know, the the depth of conversation,

Dr. Victoria Atkinson (10:33)

Yeah.

Wynne Leon (10:34)

host and guest, they both

Dr. Victoria Atkinson (10:36)

Yeah.

Wynne Leon (10:36)
have had to think about it.

Dr. Victoria Atkinson (10:38)
Yeah. one of the points you make there is that when we've seen guests and and people are hesitant, 'cause it's on camera, they're being recorded, it's for posterity. Preparation is good, but you also have to kinda hang in the moment a little bit because

Wynne Leon (10:54)
Yeah.

Dr. Victoria Atkinson (10:54)
it's an interaction, it's not a speech, it's not a soliloquy. You have to kind of like take the energy from from one another. But those are such great examples of people that

Wynne Leon (11:04)
Yeah.

Dr. Victoria Atkinson (11:05)
Yeah, that you've talked to who really do that so well. I love that. Yeah,

Wynne Leon (11:09)
Mm, mm hmm. That's true.

Dr. Victoria Atkinson (11:12)
well that that begs the question, you know, as you're doing that and, you know, really trying to take good care of the guests, but also allow them a little, you know, liberty and leeway and, you know, kind of guide the conversation. I love the point that you make about the creation of it is different than the production of it. You have to have the creation

Wynne Leon (11:33)
Uh-huh.

Dr. Victoria Atkinson (11:34)
and then do that other work. And when you're in both roles, you have to remember which seat you're sitting in at the time, right? And devote everything, you know, to getting

Wynne Leon (11:41)
Right. Yeah.

Dr. Victoria Atkinson (11:43)
a quality product. But then once you've done that, you know, and across now 200 episodes,

What are what are the things across all these many episodes that you have learned? any tips or tricks that would help

Wynne Leon (11:56)

Mm-hmm.

Dr. Victoria Atkinson (11:57)

other people understand

What it takes not only to build an audience, but to find an audience.

Wynne Leon (12:02)

Mm. Uh-huh.

Dr. Victoria Atkinson (12:04)

How how do you do that? Because no one wants to create something and it's, you know, my voice into the ether, right?

Wynne Leon (12:06)

It's hard. Right. Right,

right, right. It that's so hard. And one of the things that I heard early on when I started blogging, when I started writing, was from our author and activist Glennon Doyle. And she started

Dr. Victoria Atkinson (12:25)

Yeah.

Wynne Leon (12:25)

her blog in 2009. So early on, and she built it. It it's momastery.com She built it up to a million

viewers, readers and you know, she's she started a foundation, there's a T V series that's being made about her book Untamed, right? And her yeah. So I

Dr. Victoria Atkinson (12:43)

I didn't know that. Okay. okay.

Wynne Leon (12:45)

and her her w wisdom about this was serve your reader. You you have

Dr. Victoria Atkinson (12:50)

Mm, mm.

Wynne Leon (12:52)

to serve your reader and and and I think it doesn't matter what your content is, poetry, podcasts, flash fiction,

Dr. Victoria Atkinson (12:58)

Yeah.

Wynne Leon (12:59)

photography,

you know, writing a s slices of life.

Dr. Victoria Atkinson (13:02)

Mm-hmm.

Wynne Leon (13:05)

if you gotta think about your reader and I had you know, our our colleague Brian Hannon has said this more eloquently than I'm saying it

Dr. Victoria Atkinson (13:11)

Hmm.

Wynne Leon (13:12)

in this moment, but are you posting just to tick a I'm scheduled to do this today, or

or have you taken the time to edit it, to think about what the reader might take away from it, to

Dr. Victoria Atkinson (13:20)

Mm-hmm.

Wynne Leon (13:23)

make sure that it's

worth somebody's time to read or listen. And

Dr. Victoria Atkinson (13:26)

Yeah.

Wynne Leon (13:29)

the other day a a Substack post was delivered to my inbox and the writer was angry

Dr. Victoria Atkinson (13:35)

Okay.

Wynne Leon (13:36)

about that kerfuffle with the Ed Sheeran stuff that's going on in the news

Dr. Victoria Atkinson (13:40)

yeah.

Wynne Leon (13:40)

and she dropped an F bomb in the first sentence and and just she was just getting warmed up. I mean she just it was a screed. And

Dr. Victoria Atkinson (13:44)

Mm. She was just getting warmed up. I mean she was just super weak.

Wynne Leon (13:50)

instead of coming across as passionate about her topic, it was just angry rambling. It was the stuff

Dr. Victoria Atkinson (13:53)

It was just eight and bam. It was

Wynne Leon (13:56)

you write down because you're angry and you write down to process it, it was not the stuff that you publish. so you gotta serve your your audience.

Dr. Victoria Atkinson (14:01)

Yeah. It was not the published. you gotta serve your audience.

Yeah, yeah. And I think that can be a hard thing for people like you said, not everyone comes to podcasting with writing in their background, you know, or

Wynne Leon (14:16)

Mm, mm-hmm.

Dr. Victoria Atkinson (14:17)

the technical background that you have, but you have both of those things. But there's still

You know, and and we've talked before about Dr. James Pennebaker and this idea of writing for wellness and, you know, getting things

Wynne Leon (14:26)

Mm-hmm. Yes.

Dr. Victoria Atkinson (14:29)

from, you know, the inside out. That point that you make is really important. There's a big difference between writing for self satisfaction and wellness and your your own kind of like continued growth versus the things that you produce and, put out for public consumption.

But I think that that that's a really good point that you make about that, that you want some continuity and you want I hate to use the word branding, but it's a little bit of that. That I want

Wynne Leon (14:58)

Mm.

Dr. Victoria Atkinson (14:59)

to know

When I lean into Life of Try when I lean into Wynne, I wanna have some predictability,

Wynne Leon (15:05)

Mm-hmm.

Dr. Victoria Atkinson (15:06)

you know, and and I think you do a really beautiful job of doing the show notes

Wynne Leon (15:11)

Hm.

Dr. Victoria Atkinson (15:12)

and for the listener, for the viewer before they're even in the thick of it. You set

Wynne Leon (15:17)

Right.

Dr. Victoria Atkinson (15:17)

the stage really well about what

Wynne Leon (15:20)

Mm.

Dr. Victoria Atkinson (15:21)

to expect. And I think that's also just good, you know, speech.

public speaking delivery. This is what I'm going to tell you. This is, you know, my promise to you.

Wynne Leon (15:25)
Mm. Mm. Right. Yeah.

Dr. Victoria Atkinson (15:31)
But I think you do that really well, not just in individual episodes, but across the body of work that people know, right? Yeah.

Wynne Leon (15:38)
Well thank you. Yeah. Well

I I think the second thing that I've learned is that slow is fine and and maybe it might be even good. And here's the the thing that I've been thinking about a lot is that AI has made it really possible to do a lot of things quickly. And it and in

Dr. Victoria Atkinson (15:57)
Mm-hmm.

Wynne Leon (15:57)
fact,

But the building of the audience, the building of that relationship, that building of the trust, that the thing that you were just talking about

Dr. Victoria Atkinson (16:02)
Building of the trust, the the thing that you're

Wynne Leon (16:05)
there, that arc over many episodes,

you can't build that any more quickly. And

Dr. Victoria Atkinson (16:09)
Yeah.

Wynne Leon (16:10)
I saw in my inbox this morning as a podcaster and a business owner, at least a dozen of pitches a day. And and here's one

Dr. Victoria Atkinson (16:16)
Mm-hmm.

Wynne Leon (16:17)
this from this morning.

Hey there. I went ahead and made a month's worth of social media content for you. yeah.

right. can I shoot them your way? And

Dr. Victoria Atkinson (16:31)

Hmm.

Wynne Leon (16:32)

I I've never met this person. We haven't talked

Dr. Victoria Atkinson (16:35)

Hmm.

Wynne Leon (16:36)

about my priorities or what I value and like. And just because you can generate a

Dr. Victoria Atkinson (16:40)

Yeah.

Wynne Leon (16:43)

month's worth of content

doesn't mean that it's any good or that you should. Yeah.

Dr. Victoria Atkinson (16:46)

Yeah, or that you should. Yeah. Yeah.

Wynne Leon (16:50)

And and it goes back to that depth and preparation. And Vicki, you're so good at this because, you know, you've been doing so many in person events. The Printer Row Lit Fest, the the panel discussion, the book book clubs. it's what the guest that we had on

Nancy Martira, she said, You've been meeting people where they are. You you you've been going where you're wanted. but th

Dr. Victoria Atkinson (17:10)

You've been seeing people where they are. You've been going where you're wanted.

Wynne Leon (17:16)

it's not flashy or fast, but it's real. Don't you agree?

Dr. Victoria Atkinson (17:19)

Yes. Don't

you agree? Yeah. But I and I think the thing that you and I have learned kind of along the way together I'm gonna out us.

Wynne Leon (17:30)
Yeah.

Dr. Victoria Atkinson (17:30)
We are so slow is good, depth is

Wynne Leon (17:33)
Yeah.

Dr. Victoria Atkinson (17:33)
good, authenticity is good, but we are both kind of innately impatient people.

Wynne Leon (17:39)
Mm-hmm.

Dr. Victoria Atkinson (17:39)
Right. And so,

Wynne Leon (17:40)
Yep.

Dr. Victoria Atkinson (17:40)
you know, it may sound like to listeners and viewers, that's good. Look, there they're you know, it's that self talk, but it is self talk, right? Because

Wynne Leon (17:47)
It is.

Dr. Victoria Atkinson (17:49)
it isn't a race and you have to like take the next step and then see where

Wynne Leon (17:53)
Yep.

Dr. Victoria Atkinson (17:54)
that goes. But it's it is a slog sometimes.

And so you do the next thing.

Wynne Leon (18:00)
Yeah.

Dr. Victoria Atkinson (18:00)

Because then people are looking at you going, that's why your inbox is full. People are looking at you as someone who has created 200 episodes.

Wynne Leon (18:08)

Mm.

Dr. Victoria Atkinson (18:10)

You you you have appeal because of the body of work, right?

Wynne Leon (18:16)

Mm. Right, right. It it does it does build. As you said, we would

Dr. Victoria Atkinson (18:20)

Yeah.

Wynne Leon (18:21)

have never thought about two hundred episodes when we started, but one at a time.

Dr. Victoria Atkinson (18:25)

Yeah.

Yeah.

I think that's the the other thing that I see you doing is, remembering

to have gratitude, for the opportunity to do it. that's so good.

Wynne Leon (18:37)

Well, that's what that

is what's made podcasts worth it for me, is is the people.

Dr. Victoria Atkinson (18:40)

Yeah. Yeah.

Wynne Leon (18:42)

I mean, it starts with you. it was starts with your saying yes. and as you said, there's a lot of things that we've tried and have gone by the wayside. and you've

Dr. Victoria Atkinson (18:52)

Yeah.

Wynne Leon (18:53)

gone on to publish your memoirs, *Surviving Sue*, and now your novel *Slivers*. you've had to

naturally follow that guidance to go where your audience is. but you started by saying yes and I couldn't be more grateful because that helped me on my on my journey.

Dr. Victoria Atkinson (19:14)

Well, but I I think that's it's also a a reminder I think to folks that you don't need a lot of people in your corner, but you need a few chosen people that even when you and I are off doing different things and our paths kind of divert a little bit, there's still that kind of goodness in the middle that is

Wynne Leon (19:34)

Yeah.

Dr. Victoria Atkinson (19:35)

it's trust, right? And valuing I think each other's opinions, but also

Wynne Leon (19:40)

Yep.

Dr. Victoria Atkinson (19:40)

recognizing that sometimes

growth will happen in ways that you can't expect. So there could be that I'm gonna depart a little bit, but then that

Wynne Leon (19:48)

Mm-hmm.

Dr. Victoria Atkinson (19:48)

coming back together, it's it's part of kind of honoring, you know, what our interests are.

Yeah. Totally. Totally.

Wynne Leon (19:53)

Yeah. Right. Right. Yeah. It's it's so

good. And as you intimated, you know, it's the messages that we get from people saying like,

Dr. Victoria Atkinson (20:02)

Mm-hmm.

Wynne Leon (20:03)

this was the encouragement I needed or,

Dr. Victoria Atkinson (20:06)

Yeah.

Wynne Leon (20:06)

I listened as I got ready to do insert, whatever big thing they're doing.

Dr. Victoria Atkinson (20:11)

Yeah.

Wynne Leon (20:12)

and it made me feel excited. I

Dr. Victoria Atkinson (20:15)

Yeah.

Wynne Leon (20:15)

I think for me, especially when it comes to Life of Try, I'm passionate about it because

you know, I think I know what it's like to be stuck. there were

Dr. Victoria Atkinson (20:26)

Mm-hmm.

Wynne Leon (20:27)

a couple years at the end of my marriage that I was deep in the muck. I would,

work, I would, walk the dog and I would drink wine. Whatever it would take to numb that feeling that I should be doing more. And

Dr. Victoria Atkinson (20:35)

Whatever it would take Not that feeling that you should be doing more.

Wynne Leon (20:40)

I had no idea how to do things differently.

Dr. Victoria Atkinson (20:44)

Yeah.

Wynne Leon (20:45)

And so oftentimes I think I'm appealing to that person I was fifteen years ago.

Dr. Victoria Atkinson (20:51)

Mm.

Wynne Leon (20:52)

I I stuck, I was lonely but not alone. I was trying to ignore that

Dr. Victoria Atkinson (20:57)

Mm-hmm.

Wynne Leon (20:58)

feeling that I was supposed to be doing something else, and completely

Dr. Victoria Atkinson (21:01)

Yeah.

Wynne Leon (21:02)

clueless about how to start. And for me I got

Dr. Victoria Atkinson (21:04)

Yeah.

Wynne Leon (21:06)

unstuck by going to a meditating class, writing a book about my father, choosing to have a kid.

as a single mom, I'm not recommending

Dr. Victoria Atkinson (21:13)

Yeah.

Wynne Leon (21:16)

that path to everyone. Not yeah. But I

Dr. Victoria Atkinson (21:19)

Yeah, yeah, yeah.

Wynne Leon (21:21)

I I'm passionate about that person that I was and saying do one thing out of your comfort zone.

Dr. Victoria Atkinson (21:28)

Yeah. Yeah. Well and and what you just described reminds me so much our friend Dr. Yvette Pryor and her latest anthology, *This Is How We Create*. I think for some of us we take that not as an invitation but an absolute like requisite. Have to create, have to do, have to push,

Wynne Leon (21:48)
Mm-hmm.

Dr. Victoria Atkinson (21:49)
because it's taken us to higher ground. You know, you as you talked

Wynne Leon (21:52)
Mm-hmm.

Dr. Victoria Atkinson (21:53)
about kind of the unfortunate things in your marriage.

Wynne Leon (21:55)
Mm-hmm.

Dr. Victoria Atkinson (21:56)
some challenges that you had, professionally, having to, really reset.

Wynne Leon (22:00)
Mm-hmm.

Dr. Victoria Atkinson (22:00)
But in the looking back, we look at that and go, but that's all of that took us, to a

Wynne Leon (22:05)
Right.

Dr. Victoria Atkinson (22:05)
place, right? The stuff that I dealt with with my mom, you know, it it moves us forward,

Wynne Leon (22:08)
Yeah. Yes. Yes.

Dr. Victoria Atkinson (22:12)
right? And but underneath a lot of that recovery, resilience, you and I both chuckle when people give us

The most unusual compliment of all is that we seem pretty intact.

Wynne Leon (22:24)
Yeah.

Dr. Victoria Atkinson (22:24)

You seem okay. We're like, do we? Right? But I

Wynne Leon (22:27)

Right.

Dr. Victoria Atkinson (22:28)

think part of that is that no matter what it is, neither one of us could imagine life where we aren't creating or doing. It's an absolute need, right? Now for me. Yeah. Once I figured that out. Yeah, yeah. Well,

Wynne Leon (22:37)

Now it is for me once I figured that out. Yeah. Mm-hmm.

Dr. Victoria Atkinson (22:43)

so you kind of answered this, but I I'm curious about two things. One is

there's a lot of good that has come across,

Wynne Leon (22:49)

Mm.

Dr. Victoria Atkinson (22:50)

producing, creating two hundred episodes. Is there one thing other than the things that you have mentioned that ha really stand out as being especially rewarding? if you give yourself, which you're not inclined to do, I know,

Wynne Leon (23:05)

Right.

Dr. Victoria Atkinson (23:05)

a moment to kind of like, let me bask for just a moment.

Wynne Leon (23:08)

Yeah.

Dr. Victoria Atkinson (23:09)

Let me bask. If you were to bask, what do you what do you think?

Wynne Leon (23:12)

Well, the people are the people it are definitely the the reward for me. The those

Dr. Victoria Atkinson (23:18)

Mm-hmm.

Wynne Leon (23:18)

moments, those comments, the making a difference. you and I started sharing the heart of the matter, because writing a book and marketing a book is lonely.

Dr. Victoria Atkinson (23:26)

Mm-hmm. Yeah.

Wynne Leon (23:29)

I think what strikes me about

all the people we've talked to, together, the people I've talked together, is everybody is trying to figure it out.

Dr. Victoria Atkinson (23:39)

Ha ha ha.

Wynne Leon (23:41)

And it's fascinating to hear the different flavors of that from people. But we all are a little bit clueless about how we land for others and what we're supposed to be doing and our purpose. And even

Dr. Victoria Atkinson (23:56)

Yeah.

Wynne Leon (23:57)

the most accomplished people that we've talked to.

Dr. Victoria Atkinson (24:03)

Yeah.

Wynne Leon (24:05)

they're figuring it out too.

Dr. Victoria Atkinson (24:05)

Yeah. They're figuring it out too.

Yeah. I think that's such a great observation on your part because I think you I hadn't thought about it. But you're right, even when we've had, the pleasure and the privilege of talking to people that have really ascended in their field

Wynne Leon (24:19)

Mm-hmm.

Dr. Victoria Atkinson (24:20)

and from our standpoint have really achieved a lot. It is so amazing, so humbling to see people who have self doubt where we think, no,

Wynne Leon (24:30)
Mm-hmm.

Dr. Victoria Atkinson (24:30)
you've arrived

Wynne Leon (24:31)
Right.

Dr. Victoria Atkinson (24:32)
But it is the most human response, you know, when

Wynne Leon (24:34)
Mm-hmm.

Dr. Victoria Atkinson (24:35)
you challenge yourself and you keep doing and wanting to like continue the the exploration, right? How

Wynne Leon (24:41)
Yeah.

Dr. Victoria Atkinson (24:42)
far can I go? What can I do next? But yeah, the self doubt creeps in for everyone.

Wynne Leon (24:44)
Yeah. Everybody.

Every, everybody. And that

Dr. Victoria Atkinson (24:50)
Yeah.

Wynne Leon (24:50)
sort of s goes full circle to our first learning, which is you gotta be a generous host of any conversation that you have. You gotta show up, you gotta be present, you gotta be open to get the best out of every interaction that you wanna have.

Dr. Victoria Atkinson (25:08)
Yeah. And I think it comes across and, what you said, the feedback that you've received and the observations that you've made. I've seen that too,

when there's a lot that isn't right in the world, the one thing that does matter and you and I for years have talked about this and it happens in lots of different places, but the ability to make those connections with other people

Wynne Leon (25:29)

Hm.

Dr. Victoria Atkinson (25:29)

where you feel seen, you feel like you've learned something about the other person, but you've met in the middle in some way where there it's kind of like magic, you know? and it doesn't always happen.

Wynne Leon (25:39)

Mm. Mm.

Yeah. It doesn't always happen. So true.

Dr. Victoria Atkinson (25:45)

Right? my gosh. Well

is there something about podcasting that if you were to jump back four years ago right now,

Wynne Leon (25:53)

Yeah.

Dr. Victoria Atkinson (25:54)

something that you have experienced that is altogether unexpected.

Wynne Leon (25:58)

I think that for all that I like to try and change things up every week, I'm not very good at wanting to go back and look at episode one. I don't really like to see

Dr. Victoria Atkinson (26:10)

Okay.

Wynne Leon (26:12)

where I was. I'm not very good at learning from that. So I'm so grateful for this conversation because it helps me.

not just look forward but to to do the look back. And I would say, the same things that we've talked about today, which is find your helpers.

Dr. Victoria Atkinson (26:31)

Yeah.

Wynne Leon (26:32)

find the people like you that say yes. and go slow. Everything is telling us that we have to go fast. And and

Dr. Victoria Atkinson (26:41)

Yeah. Mm mm. Yeah.

Wynne Leon (26:44)

we don't when we do that, we miss having the the

conversations that have helped shape me. We also miss making content that's worth listening to. th

Dr. Victoria Atkinson (26:56)

Yeah.

Wynne Leon (26:58)

there isn't any technology that that can replace that.

Dr. Victoria Atkinson (27:02)

No, no. in this landscape where people are even more than ever, hesitant about writing and AI and and

Wynne Leon (27:08)

Yeah.

Dr. Victoria Atkinson (27:08)

creation and all of that. That telling those very personal stories and showing connection making, which I think you've done so beautifully across all these episodes, it's every conversation is a connection, you know, and an invitation.

To those who would tune in to be part of it. And

Wynne Leon (27:27)

Mm-hmm.

Dr. Victoria Atkinson (27:27)

those are things that, you know, AI can't do. It can simulate a lot of stuff, but it can't allow for the silly stuff that happens, the technical stuff, right?

Wynne Leon (27:34)

Yep. Right.

Dr. Victoria Atkinson (27:37)

All the things that we've done where Vicki talks over you or I get exuberant or you know, I I've had technology problems so many times. But you have to kind of ride with it and

Wynne Leon (27:46)

Yeah. Mm-hmm.

Dr. Victoria Atkinson (27:49)

the the imperfection.

we like to think it's part of our charm, right? Yeah. Yeah.

Wynne Leon (27:54)

right, right. And

and we try to leave enough in there to make it interesting, but still make it worth listening to. Yep. Mm-hmm.

Dr. Victoria Atkinson (28:01)

Yeah. Yeah. So I have one last question. Are you ready?

So all this good stuff. So excited for you. I'm

Wynne Leon (28:11)

Yeah.

Dr. Victoria Atkinson (28:11)

not sure for like anniversaries and stuff you give like silver and gold. What do you give for like two hundred episodes? I'm not sure. I don't know. I feel like I should give you balloons or something. Yeah. But I think people will be really curious to know, you know, two hundred episodes in the tank.

in the bank, in the library, what next? So if you had to set your sights on another milestone, are you allowing yourself to think about that as a goal, whether you share it or not, or what's what's in your mind?

Wynne Leon (28:41)

you don't I

I haven't thought about that. I just know that it's important for me to keep trying.

Dr. Victoria Atkinson (28:50)

Mm-hmm.

Wynne Leon (28:50)

And that's what's lovely about this is that every episode that I host and produce and conversation that I have about it

Dr. Victoria Atkinson (29:00)

Yeah.

Wynne Leon (29:00)

pushes me forward. And that's I'm trying to be comfortable with that.

Dr. Victoria Atkinson (29:06)

Yeah. And I think there's some some real grace in that because to over plan and

Wynne Leon (29:12)

Mm-hmm.

Dr. Victoria Atkinson (29:13)

and set your sights on something, I think one of the things that we've both learned is when we do that, we have a tendency, the two of us, sister friend, to

Wynne Leon (29:21)

Yes.

Dr. Victoria Atkinson (29:21)

get so focused on a singular destination that we may miss good stuff in the periphery when we

Wynne Leon (29:26)

Mm-hmm. Mm-hmm.

Dr. Victoria Atkinson (29:28)

kind of narrow in on one thing. And I think, yeah, whether it's a quality of aging or becoming more patient with ourselves.

I really like your answer. Mm-hmm. I like it a lot. Mm-hmm. Thank you. Thank you, my friend. Yeah. my goodness. Well, here's a 200

Wynne Leon (29:40)

Thank you. Thank you, my friend. Thanks for all of this. Grateful for

Dr. Victoria Atkinson (29:46)

more episodes, more Life of Try, more impactful conversations. And

Wynne Leon (29:51)

Mm.

Dr. Victoria Atkinson (29:52)

you know, I I just couldn't be happier for you and grateful to have you in my life and the things that I have done. Surviving Sue Slivers, the encouragement to do the

Wynne Leon (30:01)

Yeah.

Dr. Victoria Atkinson (30:01)

things in person.

You know, I I know you're always in the corner cheering and championing,

Wynne Leon (30:05)

Mm.

Dr. Victoria Atkinson (30:06)

you know, what I'm doing and it's you know, for that

Wynne Leon (30:08)

Absolutely.

Dr. Victoria Atkinson (30:09)

I'm forever grateful.

Wynne Leon (30:11)

And I'm so grateful for you. Thanks, Vicki.

Wynne Leon (30:14)

Thank you for listening.

If today's conversation has you thinking about the creative idea you've been carrying and the small try that might finally move it forward, I recommend listening next to How to Finally Write the Book You've Been Dreaming About with Dr. Victoria Atkinson.

Vicki shares practical encouragement for moving past perfectionism, and procrastination so you can begin, keep going, and bring your story to life. It's a perfect companion to this episode's reminder that meaningful work grows slowly. One page, one conversation, and one brave try at a time. Thank you for listening to The Life of Try. Until next time, keep trying.

