

Hi, this is Sarah Shotts.

I am here with a little bit of a test today.

I'm mid-pivot.

I'm not completely pivoted yet, but soon there may be a new podcast image here in this space.

I thought I'd show up today with what you have come to expect, but this is a little bit of a test to see if I can record a Ramble podcast in my car rather than out in the studio.

I'll get into a little bit of why and what the new shape of this podcast might be.

But I did just want to say, hi, it's Sarah.

I looked in the last time I recorded a podcast was in January.

So obviously the container with which I had created was not very accessible to me.

So I'm trying to think about how I can make this process a bit easier and also a context that I'm really excited about.

So I have recorded a little bit of a test to see how it is with the setup in my car.

I did decide after listening to the recording that I do need a new microphone.

This was actually just recorded with my in, like my iPhone mic, the one that's built in, which did surprisingly well.

But it picks up a little bit more of the mouth sounds than I would like.

So I just ordered a microphone that I can use with my phone.

I have like a fancy audio book mic, but it only plugs into my laptop and it's like this huge ordeal to record.

So I'm at a point where I'm trying to make things easier and more accessible and everything doesn't have to be like such a hard ordeal.

And I'll talk a little bit more about that later.

But I recorded this a few days ago.

It was actually raining that day, which was incredible.

I kind of love that vibe and wish I could record in the rain every episode.

But this is just a little bit of a ramble podcast about the pivot, why I'm pivoting, and kind of just testing out my mic.

But heads up that this podcast is going to be renamed The Neuro Nest moving forward.

And you can keep listening to hear a little bit more about what that means and what I have in store. hello i'm sarah shots welcome to my podcast it's raining and i think you

can hear that from the tests that i've done uh i'm back to put a little bit of a twist a rebrand a rename on my podcast i've done this a few different times um yes the person who wrote a post that went viral called I'm not a brand, I'm a human, is rebranding.

But I am not the brand.

But my podcast does have different names and identities.

And it kind of can help me reframe the shape of the podcast.

I used to do a weekly interview podcast called Kindle Curiosity that was all about creativity and curiosity.

And I loved interviewing people, but it kind of burned me out.

As an introvert, the podcast format can be fun to kind of like push me, but doing it every week was too much.

Then I had a kid and I kind of did some ramble podcasts for my Patreon and I really had fun doing that.

And then it got to the point where my kid wasn't taking naps anymore and it was really hard to find the space for a podcast.

But I've recently carved out nighttime as my creative time.

And I think I could once a week use that window for podcasting.

So this is just a little bit of a test.

I tend to have a tendency to do things on like I want to do life on the hardest difficulty mode.

Like when you play a video game, you can sometimes say I want to play easy or I want to play hard.

And I want to play life hard.

I tend to want to do things to the highest possible quality.

Absolutely like the most, I don't know why I do this to myself, but it is a tendency that I have observed.

And now that I am a parent and I have a little bit less capacity and less free time, I kind of question like, okay, do I need to actually do this?

Or is there an easier way?

How could I make this easier for myself?

So this is a little bit of a test.

And there goes, I'm right by the fire department.

So we're now testing sirens.

There goes a fire truck and an ambulance.

Hope that they can take care of whoever needs that.

With this kind of weather, it's probably somebody hydroplaned on the highway.

Hopefully they're okay.

Now I've lost my train of thought.

So the idea is I'm testing the concept of whether I could just like grab my phone and record straight into it without doing my fancy like audio book setup, which I've done before.

I have that lovely studio, but unless the weather is perfect, I either have to run the air conditioner or the heater to get it where it's like comfortable and bearable to be out there.

And sometimes either one of those two things can be really noisy.

Where actually if I just sit in the car, it's relatively quiet to have it a nice temperature.

I can park like somewhere, like I'm parked where I can like watch the rain and look at some trees right now.

And this is what I used to do when podcasting was the easiest and most accessible to me.

So now that I've been talking for three minutes about how this is a test, we could get to the actual episode.

I'm obviously rusty at this medium.

So if I do continue to do this on a regular basis and now the rain is getting kind of heavy.

So maybe I think I just need to kind of pause it and check. maybe I need to do this on a day where it's not raining or maybe I need to move and park and try to do this in the garage.

Okay so I'm a person who loves the rain and I kind of love the rain in the background of this so I'm just going to roll with it.

Hopefully if anybody has trouble listening you can just check out the transcript which I plan on making.

It does seem really really loud to me but I think with the recording, it just felt like it was a little bit in the background.

So we shall see.

I love Ramble Podcasts.

There used to be more people that did them and I would listen to on a regular basis, just someone that I kind of resonate with and just talking about what's going on for them that month.

Gracie Klump has one that I absolutely love.

But so anyway, I think I might be reshaping reframing this podcast from kindle curiosity which i still uh that's the name of my publishing imprint that's the little campfire logo that i put on as the colifon on all of my books um i still love the concept of that but i am thinking of reframing this space as the neuro nest neuro for neurodivergent and nests for like cozy space um so at the same time i am also doing a trial run of the neuro nest as a community where people can join and we've been testing it out for a week or so over on discord um so when this podcast episode goes live uh that's kind of will be my soft launch.

If you're interested in joining my testers for the next week or so, depending on when this goes live, the next week for me right now, I am in a testing mode to see if that is something that I can hold space for and fits within my capacity and doesn't kind of push me too closely into burnout.

The idea being that maybe once a month, I do a little podcast like this, I think I kind of like, I've thought, I've questioned whether I could do it, do a little podcast once a week or once a month, but it might depend on how I'm feeling.

If I'm sick, I may not be able to do it for a week, but a month feels very, very safe to commit to.

So the idea is, if you don't know what Discord is, you know, I'm not on Facebook anymore.

I've tried lots of different platforms for communities.

Discord is where my Wheel of Time people hang out.

If you've been kind of following close to me, you've noticed that I've really fallen really deeply in love with the Wheel of Time community.

The fandom is something I was involved in back in the 90s, and then it had a resurgence with the Wheel of Time TV show, which has now been canceled.

But I have a lot of friends there, and we tend to hang out on Discord.

It's really nice.

It's outside the algorithm.

It's private. we aren't shown a bunch of ads uh like it's just like a chronological it's everything we used to love about the internet it's private um and so that's that's I think the best place to have a community in the year of 2025 um so if you're interested in trying a Facebook um trying my words honestly um if you're interested in joining a community and trying out discord as a platform let me know.

I think what I'm doing is offering a little bit of a trial period for people who aren't familiar with the platform.

And then I'll make a whole launch podcast website situation where I explain what it is.

But the idea is that it's for people who are neurodivergent to connect.

And then there are all these different channels.

So like we can talk about our interest if you're interested in gardening or art or reading or blogging you can share stuff you've made you can link to your websites I feel like more and more places online these days have like a no marketing situation which can make it hard to connect when the thing when you like made a thing that may or may not be perceived as like a marketing product like don't link like don't link to your own stuff

because you're in this Facebook group for me to market my stuff at you it's been a while since I've even tried to be active in the online communities but many of them that I was a member of at the time were like that um so this isn't it's but it's also like a no news like it's a safe nervous system kind of a space I feel like we need places to connect um that are not flaring our nervous systems all up so and I had a little bit of a taste of that with my Wheel of Time spaces.

It's like we come, we talk about Wheel of Time, we talk about our gardens, we talk about the books we're reading, and I just feel like it could, I know a lot of people are needing community, and it could be really nice to offer that where we're talking about neurodivergence, and then maybe once a month I post like a creative prompt that's how we can use art as self-regulation.

Maybe I do a podcast Q&A.

So this episode is introducing the idea, but some of my beta testers have put forward questions of things that they're interested in hearing me talk about.

So it's very much like a peer-to-peer support.

It's not like me holding a group coaching space, but there's also channels where we can talk about sensory or we can talk about time blindness we can talk about tools that we use and conflicting access needs in families I have a channel for home education which is something that I do um last month I kind of tested like email one-to-one and that just felt like it wasn't quite the right thing but this test so far it's not been very long but I'm loving this little community this little nest for neurodivergent people that I'm holding over in discord so if you're interested in joining the test for that let me know um I'll be launching it officially sometime in the next month and I think what I'm going to do is that members can submit questions for this podcast and then it's just going to be a really casual recording I may or may not put like a little theme song at the beginning it would probably it would honestly if this is another one like okay that's difficulty mode um I it's not that hard if I if I make a template to pop in my audio recording but it is an extra step of editing for me so I'll have to decide whether it's worth it or not or whether this can just be like a voice note to a friend kind of a ramble podcast some of my favorites are

already that way like I said um so yeah my idea is that members can submit questions and but then when I answer the podcast I'm kind of playing around with when I I did this before I had a different community and the podcast was private but it could be that the questions are anonymous and then I post the answers in a public podcast that could help anyone and then if you want to get to submit your own questions to the podcast you can become a member and it's going to be I hope a very accessible price with some spots available to people who are just not in a financial position to be able to pay.

One of my biggest values is to not exclude people based on finances so I'm sure that I will figure all of that out.

So this was just a little bit of a test to see if my microphone would work in the car.

The rain has definitely added an interesting element to that.

So I may record another, I will record further test episodes that are actually answering the questions of the people in my little NeuroNest membership.

But this was just more or less a test of the microphone.

But if that sounds like something that you're interested in.

Also, just to anyone who's already subscribed to my podcast, this was just a little bit of a hi, hello, this is going to have a different name.

It's still me.

It's still Sarah.

Kind of a thing.

So if you haven't heard from me in a while, I've been busy.

I just haven't been podcasting.

So if you're not on my newsletter, I have some book projects in the works.

I have been making zines.

Oh my goodness, I can make a whole episode about zines.

So my idea for this podcast is that I'm not kind of locking myself in rigidly, but I can really honor my capacity and pop on at least once a month, maybe more with some little podcast updates.

Again, everything with me is all around neurodivergence and creativity.

That's kind of always been my thing even before I had the language for it.

I didn't know I was autistic, but like, that's my jam.

Cause I am, and I am who I am even before I knew what that was.

And so I've attracted certain people to me that are in that sphere.

Um, so yeah, I've been making zines.

I've been mailing these like hand printed, um, basically like what I used to write as a blog post.

I'm making it as a zine and then printing it out and mailing it to people.

That's been really fun.

Uh, but I also have like three different self-published books that are in process.

And I finally like, I'm just getting where I have enough capacity, I don't feel like I'm drowning.

Actually, my university job that I taught university courses for theater for 10 years, I let that go in January.

And so I do have just more bandwidth for my own personal projects.

I'm still doing fine art.

I'm still writing.

I still do blog as well as And so I'm just like making all the things and I feel like I'm in a fairly good place for myself right now.

And so I am really interested in holding space for community for creativity and neurodivergence.

So that's a little test for this.

If it sounds like something you're interested in, I'll put some information down in the podcast.

What do we call it?

Description?

I'm so rusty.

So yeah, this felt this has felt really good and in alignment for me.

I'm getting hungry now, so I'm just going to stop it and go have a snack.

But if this sounds like something that you'd like to try to join my trial community, have a couple of weeks for free, see if it feels like a good fit.

Or you can just like follow along this podcast.

It's going to be a public podcast.

You can subscribe and listen to.

I'm like 90% sure about that.

So yeah, I guess I will talk to you next time and I will continue to enjoy the rain and have a little snack.

Bye!