

# Podcast Notes Old School Trailer

Hi, and welcome to Old School. I'm Michele Vrabel, and sometimes I'll be the teacher here in class and sometimes I'll just kind of be the dean and we'll be getting our curriculum from whoever our guest teacher is at that time. Both as a YouTube channel and as the podcast Old School was created to further the message of my book, butterfly Stitches.

Which according to my writing coaches, Bob Goff and Kimberly Stewart is just one of several. The philosophy of old school is that everyone is older than someone, and I don't just mean that chronologically.

I mean that our adventures, our experiences, our trials, all “age” us and it's up to us to determine how we want that to roll. Do we want to be like a fine wine that gets better with time or do we wanna be more like a catcher's mitt that gets beaten and worn down from learning everything the hard way? That is a choice.

Life is full of choices. The teachers that we have here will bring to the table a lot of things that they wish someone had taught them. And I'm not saying that we don't need to have all the trials and the adventures and the different things in life that pull us out of our comfort zone and grow us.

Those are amazing. But I have a saying, A smart man learns from his own mistakes and a wise man learns from others and. We can truly not have to go through every single thing the hard way or from our foolish mistakes. I don't think there's anything wrong with that. We can certainly grow from multiple ways of experiencing life, but it would be great if we could kind of learn from those who've gone before.

So the teachers here at old school are going to come from all age groups, all walks of life, and my hope is that we will always find some nugget from real life in our time here. So that's what I'm hoping for, and I invite you to class. If you'd like to subscribe, follow and review, I would be grateful.

And I will get you the upcoming guest list. My first guest is none other than my writing coach Bob Goff, and it was an awesome time. We've. Recorded that, and I can't wait for that to drop. And I am so excited about this process going forward. It is a growth for me. So I'm hoping that each and every episode will bring some growth, or at the very least, something that you learn that makes you go, Hmm.

So thank you for coming to class and class dismissed.