



VIDEO TRANSCRIPT

Courtney Sanders: Flexibility for Women that Do it All Dec Vlog My #FlexPath Journey

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Hey hey, Courtney Sanders here. Welcome back to my channel. If you're new to me, I'm a full-time online entrepreneur as well as wife and mom. I wear all the hats and do all the things and I'm also a sponsored FlexPath MBA student at Capella University. So in this vlog I'm coming to you in the middle of the holiday season. I'm recording this in December so there's lots of things going on, lots of boxes being delivered to my house, lots of things being ordered and so getting ready for Christmas and then the new year's holiday and I know a lot of people have been asking me, girl, how do you manage all of this especially during this busy time, but to be honest, I manage my MBA during this holiday season the same way I manage it all the time, which is I make sure that I take advantage of the flexible opportunities and options that the FlexPath program at Capella offers and I really make sure that I take time for myself. Now, notice I didn't say make time for myself. I said take time for myself. Why? Because you can't make time. Try it. It's impossible, right? We all get the same 24 hours in the day. There's no way to make more time, but you can take time for yourself if you prioritize yourself.

Courtney Sanders* – Master of Business Administration

**Actual FlexPath student compensated for appearing in Capella promotional materials.*

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So I am also eight months pregnant as I'm recording this as well and so taking time for myself is even more important. So some ways that I like to take time for myself, number one: I love to garden so I'm not that good at it. I'm just learning. I've only grown green onions, some tomatoes and some peppers and you know they came

out kind of okay so hopefully over the year I'll get better but you know, that takes time. I find gardening very, you know, relaxing so that's something I like to carve out time for.

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Additionally, I love to carve out time to go to the park with my son, get out of the house, get some fresh air, get some sunshine, and then also, this is kind of funny, but I love watching mind-bending movies with my husband, so shout out to those of you who are fans of movies like Inception. What's another one? Memento. I love Christopher Nolan, just as a side note I think all of his movies are really great so I love watching these kind of like mind-bending movies and then you know staying up late and talking about it with my husband.

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So In addition to running my business and doing my MBA, it's really important that I carve out time to do these somewhat frivolous things, but you know it allows me to unplug and allows me to relax. And part of the reason I'm able to do that is because of Capella's FlexPath program. You may not even know though, I feel like I talk about this in every vlog that I do but, you can set your own due dates, which is so amazing.

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So each course you get 12 weeks total to complete the course but you can decide how fast or how slow you want to move so sometimes, you know, depending on what's going on in my life there are certain courses where I'm like oh I want to get through this at a really good pace and so I'll make sure that I'm setting my due dates more ahead of schedule so that I can complete the course earlier and then move on to a new course. But then there's other times like now during the holiday season or getting ready to have a baby where I want to kind of slow things down and take my time and pace, you know, myself as I go through the assessments that are required with each course.



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I really love that flexible aspect of Capella University and the FlexPath program. I say it all the time, if it weren't for FlexPath, I wouldn't be getting my MBA right now because it really is that flexible especially for a career-oriented woman but that's the answer for how I'm managing it all in this holiday season especially as a sponsored FlexPath MBA student at Capella University but I would love to hear from you so in the comments below just let me know, whether you're a student or not, how are you managing things in this busy season and I'll see you in the next vlog. Happy holidays, bye.