

03. Nadine Wendel

Joke: Hi everybody today. We're talking to my wonderful friend Nadine Wendel. Tell me Nadine. Who are you? What do you do? And what's your big, scary, hairy goal?

Nadine: I'm Nadine, 32 years old now. I always forget my age, how old you get, the more you forget your age. I work as a project manager, but in my free time, I'm quite creative, which is also, oh, we met through work, but it's how we stayed connected.

Yes. Yeah. Through our, um, creative. And yeah, it goes, it goes all over from, uh, knitting to, uh, cross stitching, to lettering, which I did with you. Yay. To writing, which wasn't more in the past. Um, yeah. And everything in between.

Joke: You're doing everything

Nadine: yes. Yes.

Joke: And do you have like a specific, big, scary goal that you wanna achieve with your creativity?

Or is it just for fun and enjoying?

Nadine: I think it's, I think it's more go with the flow, at least at this moment. Um, I will see what the future brings. Maybe one day, make a job out of it. Uh, earn money. My creativity. That would be cool. Yeah. But that is a quite scary goal. So I think for now, eh, having a steady job and being creative on the side is a good balance at this moment.

And we'll see where it leads us. Uh, maybe I can do something more creative in the future. Depends

Joke: but you can work your way towards it and really set a goal and, and, uh, steps towards that goal. But you're already doing some

amazing stuff and you are already doing this amazing project. Yes, that's true.

Would you like to elaborate on that?

Nadine: Yes. I've also decided to start a podcast. Um, Which is, well, it, you could describe it as creative. Um, it definitely is. , uh, it is called Nadine urban jungle, uh, urban jungle as in plants in your home. Um, we've moved last year and I really want to. Spice up our house with some green plants, but I don't know how to keep a plant alive.

Joke: So that is something that I will look into how to keep we have that in common. I'm sorry to interrupt. We have that in common

Nadine: Yeah. Just how to keep them alive. Um, and share my story, experience journey with everybody who wants to listen and maybe lot more people will have green fingers when they. Listen to my podcast.

So that is, I think the goal right now to get it set up and maybe even to be successful.

Joke: Ooh. Well, I'm sure you will be. And, uh, because you're, you're amazing. Uh, whatever you do,

Nadine: I already have one listener, I think. Yes,

Joke: Definitely subscriber here. Absolutely. so I love that you're doing so many different things from knitting to starting your own podcast.

So would you consider yourself to be a multi potential light?

Nadine: I've looked in at the description and the, uh, Ted talk you shared with me, I wouldn't say a full, uh, multi, but maybe partly at least.

Joke: And what, what, how would you, how do you see that? Like partly multi? This is,

Nadine: well, I think partly because I do have multiple interests and.

But I think it's more of a, a overall focus on multiple creative size or projects, or I want to call it perhaps sometimes they do knitting a lot of the times and then, uh, I replace it with something else. So it's, I think all interests are quite steady, but they, yeah, sometimes they're a bit bigger in my life than other moments.

Right now I'm working on the podcast, which is of course a big item. So I'm mostly only focusing on that. Um, but it's not that I really lose focus. It's just placed to the background a little bit and then it goes back. So it's a bit of a waves kind of things. I would describe it. That, that sounds great. So we haven't, we have a knitting wave and then we have a, um, a cross stitching wave and now we have the podcast wave and the waves come back now.

And then, so,

Joke: oh, I love that. So that sounds like very smooth sailing actually. Or do you sometimes have a tsunami of ideas going at you? Like, oh, now I wanna do everything. It's what it was.

Nadine: I always have a lot of ideas and then I think, oh, I want to do this. I want to do that. But I. I'm lacking the time to do everything I want.

Joke: Oh, well doesn't everybody. So how do you, how do you tackle that? Having so many ideas at once? Um, you have like, because it comes in waves, but I can only imagine that you have several waves coming at the same time and you go, like, I, I don't know which wave to ride at the moment.

Nadine: Yeah, I think it also depends on the circumstances.

Sometimes that there's a wave coming and you can do something creative, maybe for a gift or that's the wave you're gonna go on on that's. Yeah.

Joke: So you don't, you don't have like a specific routine for yourself. Like, okay. If, uh, if I look at myself, I. Jot down, like everything I wanna do and then see it doesn't always work but you know, I just write it all down and then I, I go like, okay, what do I have the time for?

And what's the priority of the things like, do you write stuff down a lot? Make lists

Nadine: No, I think I should write things down, but I just leave them simmer in my head and then sometimes they pop up again or. I don't know. Yeah.

Joke: Do you agree that, like, if you have an idea that sticks with you the longest, then that's the idea you should go with?

Nadine: Yeah, I think so. Uh, it's simmers in your head and then you get some extra ideas. It gets a little bit bigger and you look into it how you can make it work and. Like to podcast. Yeah. I think that's more of a way to go for me at least. Um, but I do think that writing things down would also work. I just leave them in my head, but I think maybe it would be better to write some things down.

Joke: Well, it depends, you know, if it works for you then why, why change it? Um, for me, if I don't write stuff down my head explodes, so it's, it's, you know, If it works for you, just stick with it, but yeah. Awesome. So cool. So you have many creative, um, hobbies slash hobby plus, you know, I think you're, you're getting towards the, uh, semiprofessional status.

Um, how I hope so. Yes. Yes. You definitely will. I, I meant, I didn't mean to say semis, you're a professional, you're a professional at what you do. Um, uh, but you're still like you, you are not. In the business, uh, side of things as of yet. Right. So, but that's your goal? That's your big, scary, hairy goal. You're gonna definitely go get it.

Um, so for all these different creative things you're doing, um, do you experience a creative community around all of these different

aspects or is it. Like one big creative community or how are you finding it?

Nadine: I think the biggest creative community I'm in is just on being on, on Instagram and working through profile there and, uh, watching your feed, um, which you can, of course, as everybody knows, personalize on certain texts, uh, of course following people, you find interesting.

So, uh, I follow a lot of. People who knit or sell knitting patterns, um, cross stitch, um, photography, things like that. So I think that's, uh, quite a good, uh, creative, uh, community. Yeah. Because it's also very, it's huge visuals. It's huge. It's very visual. Um, So, yeah. If you have, want to look up some lettering, you type in lettering, or look through people who do, uh, great lettering and, uh, get inspired by them.

Joke: Yeah, it's, it's a big place to get inspired is also a big place to get overwhelmed. So it's it's or get lost or get lost. Yes, the famous rabbit hole. like, oh, this is fun. And then 10 minutes. And you were like, wait, what? I was looking for something

Nadine: it's to keep it a little bit separate. I have created a creative account, um, where I follow all the creative, uh, people I want to see, uh, so that in my personal account, it's more of friends and.

More non-creative there is some ity, but then I can go to the creative community if I want to, if I want to make time for it, I go there. So I don't get lost. On a daily basis.

Joke: Oh, wow. You sound so structured. That is a great idea. I, I do have two separate actually have three, but I have two Instagram accounts, one personal and one business side.

And it, it does help with, um, not getting overwhelmed, even though I might follow, like with both my accounts, the same people. So, yeah, it's funny. I

Nadine: think if you follow them most, both, then you're really interested. They have to say,

Joke: Oh, that is a great way of looking at it. Amazing. So, so you're on Instagram a lot. Would that be your main social media platform?

Nadine: Yeah. Yeah, I think so, because also it is very visual. Um, I think Facebook for is more for friends and keeping in touch or sharing things. Um, While LinkedIn of course is more business like, um, and Instagram is just very, I think it is very creative because you can, aside from only posting your feed pictures, which are only pictures, you can now also share videos.

You can make your own videos, you can edit your, uh, photos or your stories, uh, and add fun things. So it is very creative. You can do almost anything with it.

Joke: You can do a lot with Instagram. Definitely. So you feel like you all, that's actually an additional creative hobby for, for you then? So knitting and, and podcasting, and then with your plans and then Instagram,

Nadine: like, you know, and also showing off the things I've made, uh, on Instagram.

Um, and also the podcast will, will also be something that I have made.

Joke: So yeah. Showing your amazing stuff. So where can people find you on Instagram?

Nadine: Um, my podcast, uh, account will be, uh, Nadine's urban jungle. Um, I'll send you the link so you can put it in the show notes. It is just, Nadine's urban jungle all in once all in one.

Um, yeah, so I'm working on the first episodes and I hope to get them live very soon. And then we'll see where leads us and what I'll be learning and what everybody else will be learning.

Joke: Oh, that's so amazing. I'm so looking forward to it.

Nadine: I think it's a, it's a, it's more of a new challenge and knitting is something that I've gotten quite good at.

Um, so I think that's also a bit of the, uh, that comes back to the multi potential that when you're good at it, you want to have a new challenge. Um, and then you start looking for something else. And you become good at that, then you need something else. Nice. And so you always need a good, a good challenge.

Yeah, I think that's healthy.

Joke: That is true. I totally agree. So, but when you start a new challenge, do you ever feel like you struggle with any of the syndromes, like imposter syndrome or shiny object syndrome? Like, oh, I wanna do so many things. I wanna start some new things or being as superwoman, trying to do it all.

Do you recognize any of these?

Nadine: I wouldn't call myself a superwoman. I think that's more, it would more be the imposter syndrome that you're doing something and you're doing it because you're you think it's fun? Uh, you don't expect to be, uh, to become a real professional ated. Well, maybe in the end you will be.

But yeah, I think it is always hard to see yourself as a professional in what you do as a.

Joke: Yeah. So it's, it's doing something as a hobby. Does that grow, like, does that make the imposter syndrome, uh, bigger or smaller if you like? So, so, so what if you would do it professionally, would you feel like the syndrome would be bigger?

Nadine: Um, maybe, yes. Um, Because then you get paid for it and you feel like, well, I'm not a professional, but you're still paying me for it or what's going on .

Joke: But what if you are professional because you are. What, if someone would go like, oh, Nadine, your knitting is awesome. Or your podcast is amazing. I would love for you to arrange my podcast.

Or I would love to be like, I would love to have you as a guest on my podcast or whatever, and they would pay you for it. What would you, would that be like?

Nadine: I think it, I think it would be a great honor if people pay you for what you like to do for your hobby. Um, Yeah, I think you need to grow in your role as a professional.

Um, and I think maybe at a better you get at it, um, than eventually the imposter syndrome will fade, I would say disappear, but maybe fade to the background and fade a little, like in waves. It might come in waves as well. Yeah. Maybe when you're trying something new, the wave comes back and then yeah, exactly.

When you're good at it. Yeah, slowly fades until you try something new and then you think again, well, will I be good at it or, or not? I love that. And I think, I think for hobbies or creative outlets, like knitting and cross stitching and things with a pattern pattern, I think there this shiny object syndrome is real because you see all kinds of patterns.

Uh, Coming by on Instagram. And you're like, oh, I want to make that. And I want to make that too. And I want to have that as well. And you just buy all the patterns, but then you lack the time to create them all. So now I have a lot of patterns and no time.

Joke: Oh my gosh. Yeah. It's a real thing.

Nadine: I still have a long to-do list, but, um, yeah, I'm trying to, uh, cut down on just buying patterns and.

I try to be more, uh, reasonable and say, well, I don't really have the time right now. I already have a lot of patterns. Maybe I should try those first and yeah,

Joke: step by step that's great.

Nadine: The thing is, you know, most patterns are just there to stay. Uh, people launch them, they put them on creative websites, like rivalry for, uh, knitting patterns and they just stay there, uh, well, until they take them down.

But, um, They sell them through those platforms as well. So they'll be there tomorrow. They always be there. Yeah, they'll be there next year. So I'll just, that's cool. Try to get, uh, through what I have right now.

Joke: That is an amazing way to, to try to get, like, to reduce the shiny object syndrome. Cuz what I experience myself as like, if I actually do something that I bought, like I.

I now have a ton of courses that I'm trying to get through. And, and then I see another course. I was like, yes, I wanna do that too. Like you and your knitting patterns, but if you go like, wait, no, I'm doing this now.

Nadine: Your shiny object syndrome tends to, you know, go to the background as well. Cuz this is what you decided you wanna do.

And I think you to realize that you. Suffering with the shiny object syndrome. And then, then you can say, well, no, I don't need it. But if you don't recognize that you're buying, yeah. Buying all these things and not using them, then you just keep on going. But if you realize, wait, wait a second. I still have a lot to not, uh, left, to do a lot of patterns.

A lot of courses. But I think that's with everything, you just have to realize what you're doing and then, and then you can stop

and then you can learn from it and then you can do something about it. But only I totally agree. Only when you see that you're doing something that doesn't align with. It's, it's a bit of a, it's a bit of an addiction, I think.

So you have to realize that you're addicted to buying courses, buying netting patterns, whatever. Uh, and I can say, wait, no. Let's stop.

Joke: Let's let's stop here. And just, yeah, it's, it's kind of an addiction. I actually told my boyfriend I'm addicted to courses like what?

Nadine: Yeah. And especially if you're, if you're really diving into something and you want to learn more about it, then of course you want to buy courses or buy patterns to try new things, but there's a limit to your time as well.

So, and energy, just take that. Yes, time and energy. You have to take that into consideration because you cannot do it all. Even though if you want to. It's impossible. It's impossible.

Joke: I absolutely agree. But it's something you have to go through to realize that this is happening and to be able to do something about it.

So how about what, what will be like a totally cool quote from you? Like if you think of your plants in your urban jungle, would there be a quote that totally fits that theme? Or do you have another?

Nadine: I think my quote for all creative things would be, um, the quote from Pippi Langkous, I know what she's called in, in English.

Joke: Pippi Longstocking.

Nadine: Yeah. Yes. Um, because I believe it's her quote. She says I haven't done it before, so I think I can do it. Awesome.

Joke: I love that one.

Nadine: So I think that's really good for, for new things. Um, just because you haven't done it before, doesn't mean you cannot do it. It means just try, just try. See where you end up, where you end up.

Joke: That's amazing. Thank you so much.

Nadine: I think that's a good, uh, ending for. Or not an ending ending for this podcast, but a beginning of a creative journey. Just do it.

Joke: Yeah. Just do it. Just start and just do your, whatever you feel like doing, and your creativity will grow. Cause the more you use it, the more there will be. That is the thing with creativity.

Nadine: Yep. Yeah. And if you're done with one subject and you can move on to the next.

Joke: Yeah, absolutely. Thank you so much. It was so nice. Talk. No problem to you. Thank you for inviting me. Yes, it's so lovely to have you here. I will put all your links to your socials. And you mentioned amazing a website for knitting patterns.

Uh, I will put that in the show notes as well, and, um, lovely people. Lovely listeners. Please check out Nadine's podcast. Nadine's urban jungle about all, about plans. Gonna love it. Um, thank you so much and talk to you soon.