

# PODCASTARS

JULY 2026

## ELIZABETH MEIGS

Trauma Recovery Expert |  
Best-Selling Author |  
Creator of the Miracle  
Power Activation System™  
| Inspirational Leader

*Conversations*

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# LETTER FROM THE EDITORS

Dear Readers,

Every great podcast begins with a voice willing to be heard. Behind every microphone is someone with a story, a message, or a mission capable of inspiring, educating, or transforming lives. Podcasting has become one of the most powerful forms of modern storytelling because it creates authentic connections that extend far beyond a single conversation.

Welcome to the July 2026 edition of PODCASTARS Magazine. This issue celebrates the creators, storytellers, educators, and thought leaders who are using podcasting to spark meaningful conversations and build communities around the world. Whether they're sharing personal experiences, expert knowledge, or inspiring interviews, these voices remind us that every episode has the potential to make a lasting impact.

We are honored to feature Elizabeth Meigs on this month's cover. As a certified trauma-informed practitioner, transformational speaker, best-selling author, and host of the Untrapped: Healing Invisible Wounds to Living Your Dreams podcast, Elizabeth uses her platform to bring hope, healing, and resilience to audiences seeking transformation. Her journey demonstrates the incredible power of sharing authentic stories with compassion and purpose.

Inside this edition, you'll discover inspiring podcasters, industry experts, and content creators who are building loyal audiences through meaningful conversations and intentional storytelling. You'll also find practical insights on podcast growth, audience engagement, personal branding, and the evolving world of digital media.

Whether you're preparing to launch your first show or growing an established platform, we hope these stories encourage you to keep showing up, sharing your voice, and creating conversations that matter. Thank you for joining us as we celebrate the remarkable people proving that one microphone, one message, and one authentic voice can truly change lives.

**Adriana Luna & Hanna Olivas**  
Editors of PODCASTARS Magazine

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# ELIZABETH MEIGS:

TURNING INVISIBLE WOUNDS  
INTO UNSHAKABLE HOPE

By **She Rises Studios** Editorial Team

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Some stories are inspiring because they are remarkable. Others inspire because they are relatable. Elizabeth Meigs' story does both.

As a teenager, Elizabeth's life changed in an instant following a devastating car accident that left her in a coma and resulted in a traumatic brain injury. What followed was a journey marked by physical, emotional, and spiritual challenges that many would consider impossible to overcome. Yet today, Elizabeth stands as a speaker, coach, podcast host, author, and creator of a faith-based healing methodology dedicated to helping others navigate trauma and rediscover purpose.

At the heart of her message is a simple but powerful belief: the very experiences that threaten to break a person can become the foundation for healing, growth, and transformation.

For Elizabeth, recovery was never just about learning how to function again. It was about learning how to trust when there seemed to be no visible reason for hope. During some of her darkest moments, she found herself searching for answers that no one around her could provide. Feeling isolated and misunderstood, she turned to her faith.

What she discovered became the cornerstone of her life.

Rather than viewing her accident as something caused by God, Elizabeth came to believe it was an experience that God would use for a greater purpose. Over time, she felt guided by a recurring message that urged her to keep moving forward despite the uncertainty surrounding her future. What began as fragile faith slowly developed into an unwavering conviction that her life still had meaning.

That conviction carried her through years of recovery, self-doubt, and rejection.

Like many trauma survivors, Elizabeth struggled with how she saw herself. She remembers looking in the mirror and seeing herself through the eyes of those who judged her. The emotional pain often felt just as overwhelming as the physical challenges. Yet in those moments, she found comfort in a sense of peace and love that became a constant source of strength.

Rather than arriving through dramatic breakthroughs, that peace developed through daily practice. Night after night, she brought her fears, frustrations, and questions to God. In doing so, she gradually learned to replace despair with trust. Looking back, Elizabeth believes those countless quiet moments helped renew her mind and prepare her for the work she would one day do.

That preparation became evident when she entered the healthcare field as an Occupational Therapy Assistant.

For fourteen years, Elizabeth worked closely with patients facing life-altering injuries, illnesses, and setbacks. While she brought professional skills to her role, she quickly discovered that her greatest contribution often came from something much deeper: her own lived experience.

Many of the people she served were struggling with hopelessness. They questioned whether recovery was worth the effort and whether life could ever feel meaningful again. Elizabeth recognized those feelings because she had lived them herself.



By sharing parts of her story, she witnessed remarkable transformations. Patients who felt defeated began to believe in the possibility of healing. Conversations that started with discouragement often ended with renewed determination. Over time, Elizabeth realized that people did not necessarily need someone to fix them. They needed someone who believed in them when they could no longer believe in themselves.

That realization continues to shape her approach today.

As her speaking opportunities expanded, Elizabeth began noticing a consistent pattern. After presentations, audience members frequently approached her with similar messages. They shared that her story had given them hope. Some revealed struggles they had never spoken about before. Others described feeling seen and understood for the first time in years.

Those experiences eventually inspired the creation of her podcast, *Untrapped: Healing Invisible Wounds to Living Your Dreams*.

The podcast provides a platform for conversations surrounding trauma, healing, faith, resilience, and personal growth. For Elizabeth, it serves as an extension of a mission that began long before she ever stepped behind a microphone.

She views it as an opportunity to reach people who may be suffering in silence and searching for encouragement during difficult seasons of life.

Through each episode, she aims to offer the same hope that once carried her through her own darkest moments.

One of the most powerful lessons Elizabeth has learned throughout her journey is the distinction between surviving trauma and being transformed by it.

Survival, she explains, can often look successful from the outside. A person may continue working, caring for others, and fulfilling responsibilities while carrying deep emotional wounds beneath the surface. Transformation, however, requires something more. It involves changing perspective, confronting pain honestly, and choosing to grow rather than remain trapped by past experiences.

Central to this process is the belief that healing rarely happens in isolation.

Throughout her work with trauma survivors, veterans, first responders, and individuals experiencing burnout, Elizabeth has observed common patterns. Many people become experts at hiding their pain. They push forward, avoid difficult emotions, and convince themselves that enough time will eventually erase their struggles.

Unfortunately, unprocessed pain does not disappear. It often resurfaces as shame, anger, grief, anxiety, or emotional exhaustion.

What breaks Elizabeth's heart most is hearing people believe they are beyond healing. Yet she consistently sees evidence that hope still exists beneath the surface. Even after decades of suffering, many individuals continue searching for answers and connection.

She believes that healing begins when people find safe spaces where they can be seen without judgment and supported without conditions.

In 2023, Elizabeth faced another defining chapter in her own life when she made the difficult decision to leave an abusive marriage. She describes the experience as one that required extraordinary courage and complete trust in God's guidance. Although the decision was painful, it reinforced lessons she had spent years learning. It strengthened her understanding of identity, self-worth, and personal freedom. More importantly, it confirmed her belief that true freedom begins internally before it becomes visible externally.

Shortly after leaving the marriage, Elizabeth experienced what she describes as a profound realization. The strategies she had developed while recovering from her brain injury had also helped her survive other difficult seasons of life. What once appeared to be isolated coping mechanisms revealed themselves as part of a larger methodology for healing.

That realization ultimately led to the creation of the Miracle Power Activation System™.

Designed to address healing from a holistic perspective, the framework focuses on the interconnected relationship between body, mind, and spirit.



Drawing from both personal experience and years of working with trauma survivors, Elizabeth believes lasting transformation requires addressing all three dimensions rather than focusing on a single aspect of recovery.

Her work continues to be guided by the conviction that healing is not about endlessly reliving pain. Instead, it is about learning how to move forward with honesty, hope, and purpose.

Storytelling remains one of the most important tools in that process.

Elizabeth believes that sharing personal stories creates bridges between people. Vulnerability gives others permission to acknowledge their own struggles and seek help. Through speaking engagements, coaching, writing, and podcasting, she has witnessed the profound impact that authentic storytelling can have on emotional and spiritual healing.

For her, every testimony carries responsibility. It requires honesty, humility, and a willingness to reveal not only victories but also weaknesses. Yet she also believes those moments of transparency often create the greatest opportunities for transformation.

As she looks toward the future, Elizabeth remains focused on a mission larger than herself. Through her company, Elizabeth Inspires LLC, she seeks to empower individuals through faith-centered strategies that promote healing and personal growth. Her vision is rooted in helping people discover what she calls H.O.P.E. but it is more than that it is Healing that Opens Pathways to Empowerment.

The legacy she hopes to leave is not centered on personal achievement. Instead, it is built around service helping others recognize their own potential for healing, resilience, and renewal.

After all she has endured, Elizabeth Meigs stands as living evidence that life's greatest challenges do not have to define a person's future. Sometimes the deepest wounds become the very pathways through which hope, purpose, and transformation emerge.

Her story serves as a reminder that even in life's most difficult seasons, there is still a path forward. And sometimes, what appears impossible today becomes the very testimony that inspires someone else tomorrow.



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# FROM STAGE TO SALES

## REDEFINING SUCCESS BEYOND THE HUSTLE

BY SYLVIA BECKER-HILL



Let's talk about the elephant on the stage: the speaking industry.

A multi-billion-dollar marketplace still shaped by "*bro marketing*."

Speed to market. Funnels that squeeze human souls into automated sequences.

Formulas that promise fame in 90 days.

The gospel of hustle.

It's an exhausting game—especially for women whose nervous systems, histories, and values are wired for depth, connection, and meaning. While men dominate roughly 70% of paid speaking slots globally, women are still often funneled into underpaid "*exposure opportunities*." We're told to "*charge our worth*," but rarely invited to define *what* that worth truly means to us.

After 28 years of coaching executives, training communicators, and building my own business as a woman in a capitalist system obsessed with productivity, I know how easy it is to lose your joy, your health, and even your message in the pursuit of profit. I've seen brilliant women become walking brands—perfect on paper, burnt out in private.

That's why, inside **She Speaks LIFE**, we do things differently.

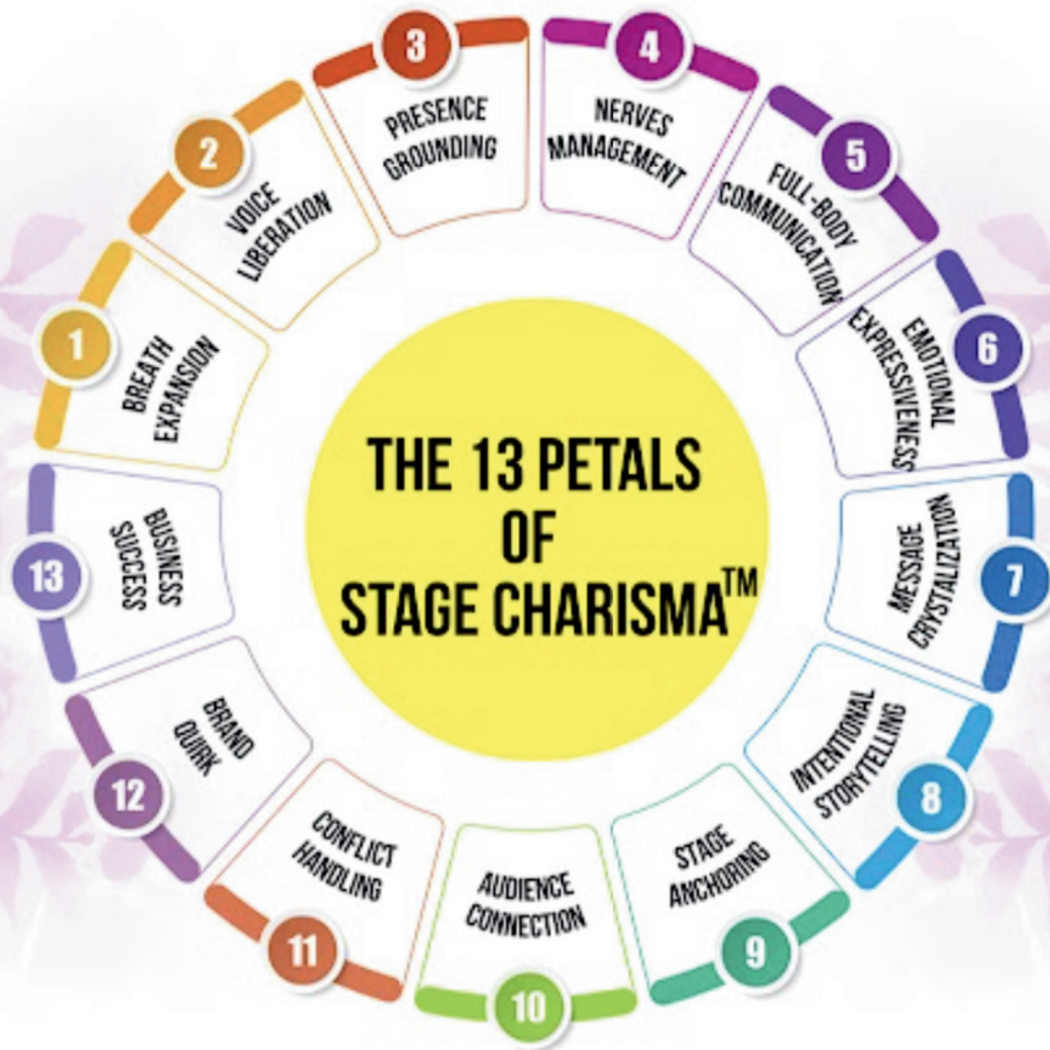
We don't start with business models. We end with them.

Only after your voice is liberated, your body grounded, your message crystalized, and your presence magnetic—only then do we look at the question: *How does your brilliance translate into a business that truly fits you?*

In **Petal 13 – Business Success**, the final layer of the 13-Petal Stage Charisma™ framework, we bring the sacred feminine back into the conversation about money. Not as an afterthought or a guilty pleasure—but as energy exchange, creative flow, and self-honoring choice.

## THE FRAMEWORK

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Because the truth is: the world doesn’t need more cloned “*speakerpreneurs*.”

It needs women whose voices move hearts *and* move markets—without selling their souls.

When women rise on stages aligned with their purpose, wealth stops being a chase and becomes a byproduct of embodiment. That’s the real business success story: one where your impact, integrity, and income finally sing in harmony.

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# HOW GUY RAZ IS TRANSFORMING CONVERSATIONS INTO STORIES THAT INSPIRE AND CONNECT

By **She Rises Studios Editorial Team**

In a world filled with constant information, meaningful conversations have become more valuable than ever. Audiences are no longer looking only for entertainment—they are searching for stories that educate, inspire, and create genuine human connection. The most impactful interviewers understand that great conversations are built on curiosity, empathy, and the ability to truly listen. Guy Raz has become one of the most respected voices in modern podcasting by mastering this art. Through his acclaimed interview programs, he has transformed conversations into powerful storytelling experiences that highlight innovation, entrepreneurship, creativity, and personal journeys. His work reflects the theme of *The Power of Listening: Conversations That Connect*, demonstrating how thoughtful dialogue can build communities and influence audiences around the world.

Raz's success is rooted in his ability to uncover the human stories behind remarkable achievements.

Rather than focusing only on accomplishments, he explores the experiences, challenges, and motivations that shape each guest's journey. This approach has helped him create conversations that feel authentic, insightful, and deeply relatable.

His work strongly aligns with the theme of *Why Listening Matters More Than Ever*. In an era where conversations often move quickly and attention spans continue to shrink, genuine listening has become a powerful skill. Raz demonstrates that the best interviews are not simply about asking questions—they are about creating an environment where guests feel comfortable sharing meaningful stories.

Through his interviewing style, Raz has shown that curiosity is one of the most important tools a storyteller can have. He approaches conversations with a desire to understand rather than simply collect information. This creates opportunities for guests to reveal lessons, struggles, and insights that might otherwise remain untold.

One of the defining aspects of Raz's career is his ability to turn individual stories into universal lessons. His interviews often explore themes such as perseverance, innovation, leadership, and creativity. While every guest has a unique background, the conversations often reveal experiences that listeners can apply to their own lives and careers.

This reflects the theme of *Podcasts That Build Communities*. Successful podcasts create more than audiences—they create relationships. Listeners return not only because they enjoy the content but because they feel connected to the stories being shared. Raz's programs have built loyal communities of people who value learning from the experiences of others.

The growth of podcasting has changed the way people consume information, and Raz has been at the forefront of this transformation. His work demonstrates the expanding influence of audio storytelling and how podcasts have become powerful platforms for education, entertainment, and connection.

This connects with the theme of *Audio's Expanding Influence*. Podcasts have moved beyond simple conversations between hosts and guests. They have become important spaces for sharing ideas, building brands, and creating meaningful discussions about culture, business, and society. Raz's success highlights how audio can create an intimate connection between storytellers and listeners.

A major part of Raz's influence comes from his approach to interviewing. The theme of *The Art of Great Interviews* explores the skills required to create impactful conversations. Great interviewers know when to guide a discussion, when to ask deeper questions, and when to allow a guest's story to unfold naturally. Raz's ability to balance preparation with genuine curiosity has made his conversations memorable.

Beyond the microphone, Raz has helped redefine what modern media can accomplish. The theme of *From Microphone to Movement* highlights how creators are turning podcasts into platforms for education, inspiration, and lasting impact. Raz's work has shown that storytelling can become a bridge between people, ideas, and communities.

His influence extends beyond individual episodes because his conversations often encourage listeners to think differently. By sharing stories from entrepreneurs, creators, and innovators, he has helped audiences understand that success is rarely a straight path. Behind every achievement are moments of uncertainty, learning, and growth.

Perhaps the most powerful lesson from Raz's career is that listening is an act of leadership. When people feel heard, they are more willing to share, collaborate, and connect. His work demonstrates that meaningful conversations are not created through speaking alone—they are created through understanding.

Guy Raz's journey serves as a powerful example of how storytelling can transform communication. Through thoughtful interviews and authentic conversations, he has created a platform where ideas are shared, lessons are learned, and people feel connected.

As the podcasting landscape continues to evolve, his work reinforces an important truth: the strongest voices are often those that know how to listen. In a world seeking deeper connection, Guy Raz continues to show that a meaningful conversation has the power to inspire change, build community, and bring people closer together.

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# HOW HALA TAHA IS HELPING CREATORS TURN CONVERSATIONS INTO INFLUENCE AND BUSINESS GROWTH

By **She Rises Studios Editorial Team**

In today's digital world, influence is no longer built only through traditional media, celebrity status, or large corporate platforms. Modern creators are developing communities, building personal brands, and transforming their expertise into businesses through authentic communication. At the center of this movement are voices who understand that successful content is not simply about visibility—it is about connection, trust, and providing meaningful value. Hala Taha has become a leading example of how creators can use podcasting, digital media, and strategic branding to build influence and create business opportunities. Her journey reflects the theme of *The Power of Listening: Conversations That Connect*, demonstrating how intentional storytelling and authentic dialogue can inspire audiences and create lasting impact.

Taha's work represents the evolution of podcasting from a simple communication tool into a powerful platform for entrepreneurship, education, and community building. As the host of a successful business podcast and the founder of a digital marketing agency, she has combined storytelling with strategy to help entrepreneurs, professionals, and creators expand their influence. Her approach shows that impactful conversations can become the foundation for strong personal brands and thriving businesses.

Her journey strongly aligns with the theme of *Why Listening Matters More Than Ever*. In a crowded digital environment where audiences are constantly exposed to information, people are drawn to voices that feel genuine and valuable. Taha understands that meaningful influence begins with understanding an audience—their challenges, goals, and aspirations. By creating conversations that address real experiences and practical lessons, she has built a platform that resonates with listeners.

A defining quality of Taha's approach is her ability to transform interviews into learning experiences. Rather than simply highlighting a guest's accomplishments, she explores the strategies, decisions, and mindset behind their success. This creates conversations that provide listeners with actionable insights while also revealing the human stories behind professional achievements.

This connects with the theme of *The Art of Great Interviews*. Successful interviewers do more than ask questions—they create an environment where guests can share their knowledge and perspectives openly. Taha's interviewing style reflects preparation, curiosity, and a focus on extracting meaningful lessons that benefit her audience.

Her work also represents the theme of *Podcasts That Build Communities*. A successful podcast is not defined only by downloads or views; it is measured by the relationship between the creator and the audience. Taha has built a community of entrepreneurs, marketers, and professionals who look to her platform for education, inspiration, and strategies for growth.

Through her podcasting career, Taha has demonstrated how audio platforms can become powerful tools for personal and professional development. The theme of *Audio's Expanding Influence* highlights how podcasts are reshaping the way people learn, connect, and consume information. Today, podcasts serve as digital classrooms, networking spaces, and business-building platforms.

Taha's success also highlights the growing importance of creator entrepreneurship. The theme of *From Microphone to Movement* explores how creators are transforming content into brands and businesses. Through strategic communication, consistent messaging, and audience engagement, creators can turn their knowledge and experiences into opportunities that extend far beyond a single platform.

Beyond hosting conversations, Taha has dedicated her career to helping others develop their own influence. Through her agency and educational work, she teaches entrepreneurs and professionals how to build stronger digital identities, improve their marketing strategies, and connect with audiences more effectively. Her mission reflects the changing landscape of business, where personal branding and authentic communication have become essential tools for growth.

One of the most valuable lessons from Taha's journey is that influence is built through trust. Audiences do not connect with content alone—they connect with the people behind it. By consistently sharing valuable conversations and practical insights, she has created a platform where listeners feel empowered to improve their own careers and businesses.

Her work also demonstrates that successful communication requires both creativity and strategy. While authentic storytelling creates connection, thoughtful planning ensures that messages reach the right audiences. Taha's ability to combine these elements has allowed her to create a sustainable model for modern media influence.

Perhaps the most powerful aspect of Hala Taha's career is her belief that conversations can create opportunities. Every interview, discussion, and shared idea has the potential to inspire action, introduce new perspectives, and connect people across industries and communities.

Hala Taha's journey serves as a powerful example of how podcasting has evolved into a platform for influence, entrepreneurship, and meaningful connection. Through strategic storytelling, authentic conversations, and a commitment to helping others succeed, she has demonstrated the power of using one's voice to create impact.

As digital media continues to expand, her work reinforces an important truth: the strongest creators are not simply those who speak the loudest—they are the ones who listen, understand, and create conversations that truly matter.

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Brunch & Boss Up™ is not your average talk show—it's a bold, live YouTube experience filmed at high-energy brunch events across the U.S. Designed for the modern entrepreneur, each episode brings together a rotating cast of inspiring business owners, thought leaders, and creatives for real, unfiltered conversations in front of a live audience.

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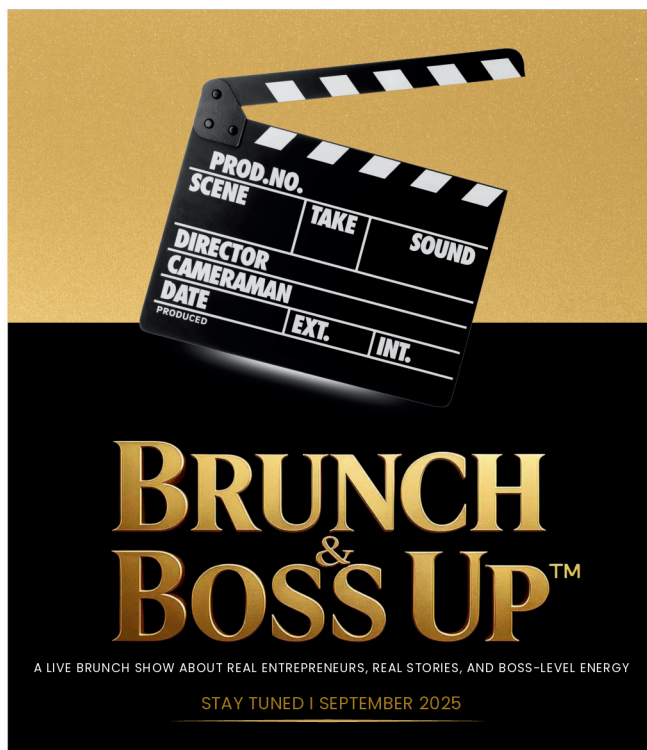
**Brunch & Boss Up™** is a bold new live YouTube show filmed at high-energy brunch events across the U.S.—where entrepreneurs, creatives, and change-makers come together to eat, laugh, connect, and rise.

Hosted by Hanna Olivas and Adriana Luna, founders of She Rises Studios and FENIX TV, the show is a natural extension of their mission to empower women globally through storytelling, media, and community. Together, they create spaces where women feel seen, heard, and inspired to lead boldly.

Each episode is filmed in front of a live audience and features a rotating lineup of powerhouse guests who bring their stories, insights, and unfiltered truths to the table. It's where personality meets purpose, and where mimosas meet the mic.

From hilarious games and real conversations to unexpected breakthroughs, Brunch & Boss Up™ is equal parts fun, fierce, and uplifting.

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# **HOW LEWIS HOWES IS BUILDING A MOVEMENT THROUGH CONVERSATIONS THAT INSPIRE GROWTH**

By **She Rises Studios Editorial Team**

In an era where digital content is everywhere, the conversations that create the greatest impact are those that help people learn, reflect, and transform their lives. Audiences are searching for more than information—they are seeking guidance, inspiration, and authentic stories that connect on a personal level. Lewis Howes has become a leading example of how meaningful conversations can create powerful communities. Through his podcast, educational platforms, and personal development work, he has built one of the most recognized spaces for conversations around success, leadership, mindset, and personal growth. His journey reflects the theme of *The Power of Listening: Conversations That Connect*, demonstrating how thoughtful storytelling and genuine curiosity can inspire millions of people.

Howes' approach to podcasting is built around a simple but powerful idea: everyone has a story worth sharing. Rather than focusing only on achievements, he explores the experiences, challenges, and lessons that shape successful individuals. Through authentic interviews with entrepreneurs, athletes, thought leaders, and changemakers, he has created conversations that encourage listeners to learn from the journeys of others.

His work strongly aligns with the theme of *Why Listening Matters More Than Ever*. In a world filled with constant digital noise, people are drawn to conversations that feel personal and meaningful. Howes understands that connection begins with listening. By allowing guests to share their experiences openly, he creates discussions that go beyond surface-level success and reveal the mindset, resilience, and strategies behind personal growth.

A defining feature of Howes' interviewing style is his focus on transformation. His conversations often explore topics such as overcoming obstacles, developing confidence, building businesses, and creating a purposeful life. This approach allows listeners to see success as a journey rather than simply an outcome.

This connects with the theme of *The Art of Great Interviews*. Effective interviews require more than prepared questions. They require empathy, preparation, and the ability to recognize moments that can lead to deeper insights. Howes has developed a reputation for creating conversations where guests feel encouraged to share honest perspectives, personal challenges, and valuable lessons.

Through his podcast and educational content, Howes has created a community of listeners who are committed to personal and professional development. This reflects the theme of *Podcasts That Build Communities*. The most influential podcasts do not simply attract audiences—they create relationships. Listeners become part of a larger movement centered around shared goals, growth, and inspiration.

Howes' success also highlights the expanding influence of audio storytelling. The theme of *Audio's Expanding Influence* explores how podcasts have transformed from simple entertainment platforms into powerful tools for education, entrepreneurship, and connection.

Today, a podcast can become a global classroom, a networking platform, and a source of inspiration for millions of people.

Beyond the microphone, Howes has transformed his podcast into a broader platform for empowerment. The theme of *From Microphone to Movement* reflects how creators are using content to build brands, businesses, and communities. Through books, courses, events, and digital resources, Howes has expanded his mission beyond individual conversations and created opportunities for people to apply what they learn.

One of the most impactful elements of Howes' work is his focus on emotional growth alongside professional achievement. While many conversations about success center on money, status, or recognition, he emphasizes the importance of confidence, relationships, purpose, and personal development. This holistic approach has helped him connect with audiences seeking meaningful change.

His journey also demonstrates the importance of consistency in building influence. Creating a successful platform requires dedication, adaptability, and a commitment to delivering value over time. Howes has built trust with his audience by consistently providing conversations that educate, challenge perspectives, and encourage action.

Perhaps the most powerful lesson from Lewis Howes' career is that conversations have the ability to change lives. A single story, idea, or moment of connection can inspire someone to take a new step, overcome a challenge, or pursue a bigger vision for themselves.

Lewis Howes' journey serves as a powerful example of how podcasting can become a platform for transformation. Through authentic interviews, educational content, and a commitment to meaningful dialogue, he has created a community built around growth and possibility.

As digital media continues to evolve, his work reinforces an important truth: influence is not created by simply having a voice—it is created by using that voice to listen, understand, and connect. Through the power of conversation, Lewis Howes continues to inspire people around the world to learn, grow, and create their own paths toward success.

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# THE SHE RISES STUDIOS PODCAST



Each episode of the She Rises Studios Podcast delivers real stories, expert insights, and actionable strategies to help you step into your power and create the life you desire. This isn't just a podcast—it's your roadmap to confidence, success, and purpose.

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# HOW JAY SHETTY IS TURNING CONVERSATIONS INTO A GLOBAL MOVEMENT FOR GROWTH AND WELLBEING

By **She Rises Studios Editorial Team**

In a world where people are constantly connected through technology yet often searching for deeper understanding, meaningful conversations have become a powerful source of connection and growth. The most influential voices today are not simply creating content—they are creating spaces where people can reflect, learn, and feel understood. Jay Shetty has become one of the most recognized storytellers and podcast hosts in the personal development space by transforming conversations into opportunities for learning, healing, and personal transformation. Through his interviews, educational content, and global platform, he has created a community centered around growth, relationships, leadership, and wellbeing. His journey reflects the theme of *The Power of Listening: Conversations That Connect*, demonstrating how intentional dialogue can inspire millions and create meaningful change.

Shetty's approach to storytelling is built around the belief that every person carries lessons, experiences, and wisdom worth sharing. Through his podcast and digital platforms, he brings together thought leaders, entrepreneurs, entertainers, experts, and changemakers to explore topics that impact everyday life. Rather than focusing only on achievements, his conversations often explore the deeper questions behind success, happiness, purpose, and human connection.

His work strongly aligns with the theme of *Why Listening Matters More Than Ever*. In a world filled with rapid communication and constant digital distractions, genuine listening has become a valuable skill. Shetty has built his platform by creating conversations that encourage people to slow down, reflect, and consider new perspectives. His ability to ask thoughtful questions allows guests to share personal experiences and insights that resonate with audiences worldwide.

A defining element of Shetty's interviewing style is his focus on meaningful conversations. He explores topics that go beyond professional accomplishments, addressing areas such as emotional wellbeing, relationships, resilience, leadership, and personal growth. This approach allows listeners to connect with stories on a deeper level and apply valuable lessons to their own lives.

This reflects the theme of *The Art of Great Interviews*. Powerful interviews require more than preparation—they require empathy, curiosity, and the ability to create trust. Shetty's conversations are designed to make guests feel comfortable sharing honest experiences, creating discussions that feel both educational and personal.

Through his podcast and digital presence, Shetty has built a global community of listeners seeking inspiration and practical wisdom. This connects with the theme of *Podcasts That Build Communities*. The most impactful podcasts create relationships between creators and audiences. They become places where people return not only for information but for connection, encouragement, and shared growth.

Shetty's influence also highlights the expanding role of audio in modern communication. The theme of *Audio's Expanding Influence* explores how podcasts have transformed into powerful platforms for education, entertainment, and personal development. Through conversations shared around the world, podcasts allow people to access new ideas and perspectives from anywhere.

Beyond individual episodes, Shetty has expanded his work into a broader movement focused on helping people improve their lives. This represents the theme of *From Microphone to Movement*. Today's creators are using podcasts as foundations for larger communities, businesses, and educational platforms. Shetty has shown how a voice and a message can grow into a global mission.

One of the most impactful aspects of Shetty's work is his ability to make personal growth accessible. Many conversations about success focus on external achievements, but his platform emphasizes the importance of internal development. He encourages audiences to explore their values, strengthen relationships, and develop a greater understanding of themselves.

His approach demonstrates that meaningful influence comes from authenticity and consistency. Building a trusted platform requires more than producing content—it requires understanding an audience and creating conversations that provide genuine value. Shetty's success has been shaped by his ability to connect with people through universal topics and relatable storytelling.

Perhaps the most powerful lesson from Jay Shetty's journey is that conversations have the ability to transform the way people think and live. A single idea, story, or moment of reflection can inspire someone to make a positive change in their life.

Jay Shetty's career serves as a powerful example of how modern storytelling can create connection at a global scale. Through authentic interviews, thoughtful conversations, and a commitment to wellbeing, he has built a platform that encourages people to learn, grow, and connect.

As digital media continues to evolve, his work reinforces an important truth: the strongest conversations are not created simply by speaking—they are created by listening with intention. Through the power of dialogue, Jay Shetty continues to inspire a worldwide community seeking greater purpose, understanding, and meaningful connection.

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She Believed She Could, So She Did is a powerful anthology featuring women who chose courage over doubt and belief over fear. Through honest and inspiring stories, each woman shares the defining moments that pushed her to trust herself, rise through challenges, and keep moving forward despite uncertainty. These are not stories of perfection, but experiences that reveal the strength, resilience, and growth that come from believing in yourself even before life reflects it back to you. The book highlights the power of self-worth, courage, and perseverance through every chapter. This anthology reminds readers that one decision to believe in yourself can change everything.

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The Healing of Her: Stories, Recipes & Rituals for Real-Life Wellness is a heartfelt anthology that explores what true wellness looks like beyond appearances, embracing healing through honesty, nourishment, and self-compassion. Through inspiring personal stories, comforting recipes, and meaningful rituals, each contributor shares the experiences that helped her reconnect with herself and find strength in everyday moments. The book celebrates healing as a deeply personal journey, offering practical and soulful inspiration for creating a life rooted in balance, resilience, and authenticity. This anthology encourages readers to slow down, honor where they are, and discover that lasting wellness begins by gently coming home to yourself.

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**HOW MEL ROBBINS IS  
TURNING EVERYDAY  
CONVERSATIONS INTO  
TOOLS FOR PERSONAL  
TRANSFORMATION**

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By **She Rises Studios Editorial Team**

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In a world filled with constant change, uncertainty, and information overload, people are searching for guidance that feels practical, relatable, and achievable. The most powerful voices in personal development are not those that simply share ideas—they are those that create conversations that help people take action. Mel Robbins has become one of the most influential voices in modern personal growth by transforming everyday challenges into lessons about confidence, mindset, motivation, and meaningful change. Through her podcast, books, speaking engagements, and digital platforms, she has created a global community focused on helping people understand themselves and move forward with greater purpose. Her journey reflects the theme of *The Power of Listening: Conversations That Connect*, demonstrating how authentic storytelling and thoughtful dialogue can inspire personal transformation.

Robbins' impact comes from her ability to make complex ideas simple and actionable. Rather than presenting personal development as something distant or complicated, she focuses on practical tools that people can apply to their daily lives. Her conversations often explore topics such as overcoming fear, building confidence, improving relationships, managing emotions, and creating healthier habits.

Her work strongly aligns with the theme of *Why Listening Matters More Than Ever*. In a digital world where people are surrounded by endless opinions and advice, audiences are drawn to voices that understand their real experiences. Robbins has built trust by addressing common struggles with honesty and empathy. She listens to the challenges people face and creates conversations that provide encouragement, clarity, and solutions.

A defining quality of Robbins' communication style is her ability to connect with people through authenticity. She does not position personal growth as a journey without obstacles. Instead, she openly discusses challenges, setbacks, and moments of uncertainty, reminding audiences that growth often begins with acknowledging where they are and taking intentional steps forward.

This approach reflects the theme of *The Art of Great Interviews*. Meaningful conversations require more than sharing information—they require emotional connection. Whether speaking with experts, leaders, or individuals sharing personal experiences, Robbins creates discussions that encourage deeper reflection and practical learning. Her ability to translate conversations into relatable lessons has helped her connect with millions of people.

Through her podcast and digital platforms, Robbins has built a community centered around growth and self-improvement. This connects with the theme of *Podcasts That Build Communities*. Successful podcasts create spaces where audiences feel seen and supported. Robbins' listeners often return because they find conversations that address real-life challenges and provide tools they can use immediately.

Her influence also highlights the expanding role of audio storytelling.

The theme of *Audio's Expanding Influence* explores how podcasts have become powerful platforms for education, connection, and personal development. Robbins demonstrates how a microphone can become a bridge between experts, ideas, and audiences seeking meaningful change.

Beyond podcasting, Robbins has transformed her message into a larger movement. This represents the theme of *From Microphone to Movement*. Modern creators are using conversations as foundations for books, courses, communities, and educational platforms. Robbins has expanded her influence by creating resources that help people apply personal development principles beyond a single conversation.

One of the most significant aspects of Robbins' work is her focus on action. Many personal development conversations remain inspirational but do not always lead to change. Robbins emphasizes practical strategies that encourage people to move from awareness into action. Her message centers on the belief that small decisions can create meaningful progress over time.

Her approach also demonstrates the importance of making personal growth accessible. She speaks to a wide audience by addressing universal experiences such as self-doubt, uncertainty, and the desire for a better future. This ability to connect with people from different backgrounds has helped her become a trusted voice in the personal development space.

Another important lesson from Robbins' journey is the power of consistency. Building a global platform requires dedication, adaptability, and a commitment to serving an audience. Her continued focus on meaningful conversations has allowed her to create a lasting connection with people seeking guidance and encouragement.

Perhaps the most powerful aspect of Mel Robbins' work is her belief that transformation begins with understanding. Before people can create change, they must recognize their thoughts, behaviors, and opportunities for growth. Through honest conversations, she helps audiences reflect, learn, and take steps toward becoming the people they want to be.

Mel Robbins' journey serves as a powerful example of how conversations can become catalysts for change. Through relatable storytelling, practical insights, and authentic dialogue, she has created a platform that inspires people around the world to take action.

As podcasting and digital communication continue to evolve, her work reinforces an important truth: the most impactful voices are those that do more than speak—they listen, understand, and empower others. Through the power of meaningful conversation, Mel Robbins continues to help people build confidence, embrace growth, and create lasting transformation in their lives.

# WHY NICE GIRLS FINISH FIRST IN BUSINESS

By **Amit Rajdev**

Some of the most effective leaders I have worked with would never describe themselves as the toughest person in the room. They lead with empathy, communicate with clarity, and build relationships rooted in trust. Yet time and again, I have watched them outperform competitors who relied on ego, intimidation, or constant self-promotion.

After building my company and serving more than 100 international clients, I have come to believe that one of the biggest misconceptions in business is the idea that kindness and success are somehow incompatible.

The women leaders I admire most have shown me the opposite.

For many years, business culture celebrated aggression as a leadership trait. Being decisive is important, but somewhere along the way people began to assume that being demanding, confrontational, or overly competitive was the only path to success. In reality, the strongest leaders are often those who make people feel valued while maintaining high standards and clear expectations.

Being "nice" does not mean avoiding difficult conversations or lowering the bar. It means treating people with dignity, even when challenges arise. It means listening before speaking, seeking understanding before judgment, and recognizing that every business relationship is ultimately built between human beings.

One lesson I have learned through entrepreneurship is that trust compounds. A single sale may come from a clever marketing campaign, but long-term growth comes from credibility. Customers return to businesses they trust. Employees stay where they feel respected. Partners refer opportunities to people who consistently demonstrate integrity.

Many successful women naturally excel at creating these trust-based environments. Their leadership style often emphasizes collaboration, communication, and emotional intelligence. Far from being weaknesses, these qualities help create resilient organizations capable of thriving through change and uncertainty.

As technology continues to reshape industries, human connection has become even more valuable. Artificial intelligence can automate tasks and improve efficiency, but it cannot replace genuine empathy. It cannot build trust in the way authentic leadership can.

Throughout my journey as a founder, I have discovered that sustainable success is not about proving you are the smartest person in the room. It is about helping others succeed, honoring your commitments, and creating value consistently over time.

The women who are succeeding in business today are demonstrating that strength and kindness belong together. They are building profitable companies, empowering their teams, and creating cultures where people can do their best work.

Their success is not happening despite their empathy. In many cases, it is happening because of it.

The future belongs to leaders who can combine ambition with integrity, confidence with humility, and results with genuine care for people. That is why nice girls are not just finishing first in business, they are helping redefine what success looks like for everyone.

## Connect With Amit

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# WHY PODCASTS ARE BECOMING THE NEW TRUST INFRASTRUCTURE

By **Ken Herron**  
Co-Founder of VCONify



For years, marketers chased attention. We optimized headlines, mastered algorithms, and learned how to capture a few seconds of someone's focus before they scrolled away. But somewhere along the way, something important happened: attention became abundant while trust became scarce.

That's one reason podcasts have become so powerful.

For seven years, I co-hosted the *Social Solutions* podcast with my co-host Carol McManus, interviewing leaders, innovators, and change-makers across industries. What struck me wasn't the number of downloads or the reach of a particular episode.

It was the relationships that formed because people spent meaningful time together in conversation.

A podcast doesn't ask someone for seven seconds. It asks for thirty minutes, an hour, sometimes longer. That's a very different relationship.

In today's digital environment, podcasts are becoming something much bigger than a content channel. They are becoming trust infrastructure.

Unlike most social platforms, podcasts create space for nuance. Listeners hear how people think, not just what they say.

They hear pauses, stories, uncertainty, conviction, and emotion. Those signals help audiences determine credibility in ways that polished social posts never can.

Trust grows through repetition and consistency. Every episode becomes another deposit in a relationship account. Over time, listeners begin to feel like they know the creator behind the microphone. That familiarity creates loyalty, and loyalty creates authority.

What's particularly interesting is that the most successful podcasters today are often not the loudest voices. They're the most consistent ones. They show up regularly, share valuable insights, and build genuine connections with their audiences over months and years rather than chasing viral moments.

This shift is changing personal branding as well.

For many entrepreneurs, authors, and thought leaders, a podcast has become one of the most authentic expressions of who they are. A website can tell people what you've done. A podcast lets them experience how you think. That's a powerful difference in an era where audiences increasingly value authenticity over polish.

Artificial intelligence is adding another fascinating dimension to this evolution. AI can help creators edit episodes, generate transcripts, identify themes, and distribute content more efficiently. Yet the element audiences value most remains distinctly human: conversation.

In fact, I believe the rise of AI makes authentic conversations even more valuable. As more content becomes automated, real human dialogue becomes a differentiator.

There's another reason podcasts matter that many creators overlook. Every episode creates a permanent record of expertise, perspective, and experience. Podcast archives are becoming strategic assets. Years of conversations contain insights, stories, and knowledge that continue creating value long after the recording ends.

**“In a world flooded with content, trust is no longer built by being seen more often. It's built by being heard more deeply.”**



As someone who works in conversational AI today, I see enormous future potential in those archives. The conversations we create are increasingly becoming part of our digital legacy. They preserve not only information but context, perspective, and trust.

For creators wondering how to convert attention into long-term authority, the answer may be simpler than many realize. Focus less on reaching the largest audience and more on building the deepest relationship with the audience you already have.

Because authority isn't built through exposure alone.

It's built through trust.

And in a world flooded with content, podcasts remain one of the few places where trust can still grow one conversation at a time.

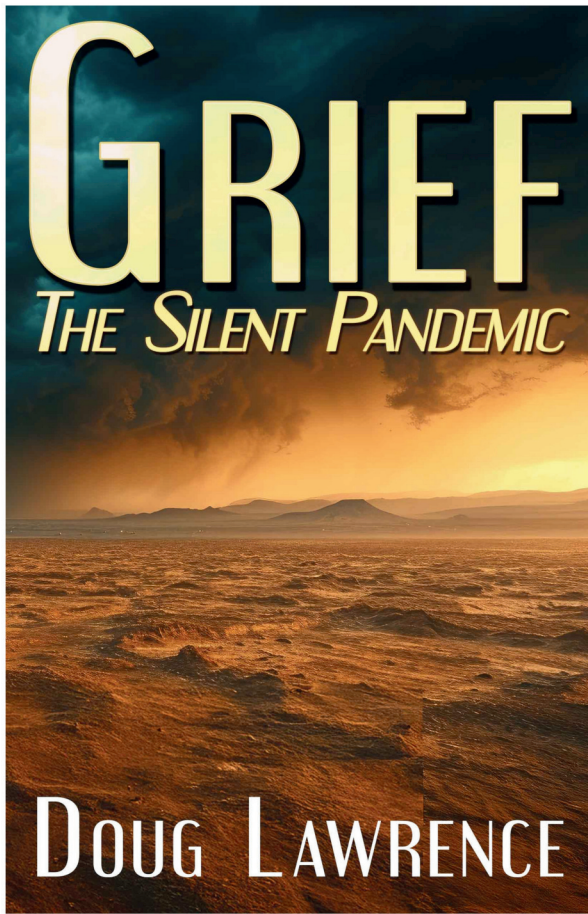
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# MENTAL HEALTH AND MENTORING

By Doug Lawrence



When I look at the status of our mental health I am deeply concerned where we are today and where we might be in a couple of years. Research is very much focused on things from an academic perspective with very little if any attention being paid on the solution(s) that could turn things around.

When we look at the support structure for mental health it is hard to not see a support structure that is failing. Our mental health is deteriorating and yet we choose to ignore the problem. The number of situations where mental health has been compromised continues to increase. Tragic outcomes such as suicide are on the increase.

- More than 700 000 people die due to suicide every year.
- For every suicide there are many more people who attempt suicide. A prior suicide attempt is the single most important risk factor for suicide in the general population.
- Suicide is the fourth leading cause of death among 15–19-year-olds.

With society being infested with COVID-19 additional stressors are taking their toll on the mental health and mental well-being of so many. There doesn't appear to be any let up for a long period of time. This will impact families, communities and organizations unless something can be done to alter the course. I am seeing an increase in depression, anxiety and stress and the break down of the family structure as a result of these additional stressors.

The need to be working from home and sharing what is typically family space with what has now become work space has added a complexity to the family structure that we have not had to deal with before.

When we add to the equation the need to home school our children it is no wonder that stress levels have increased and the mental health and well-being has deteriorated. The on again – off again need to be shifting from working at home to working back at the office has not made things easy for family members.

Employees are not expressing concerns about job security as they have demonstrated that they do not need to be in the office to do their work. The question then is whether or not this work could be outsourced and provided by someone outside of the organization. This has caused employees to leave their current place of employment and to look elsewhere. Having said all of that there is at this time a shortage of workers for some of the industries. This entire scenario has impacted the mental health of so many.

How do we address this? What can be done to make sure that the tragic outcomes mentioned earlier do not become the norm?

I have done considerable research on the topic of mental health and mentoring. As a result, I firmly believe that mentoring can in fact be a part of the support structure for mental health and mental well-being. Mentoring is a two-way trusted relationship where the mentor and mentee both learn and grow together on a personal and professional basis. The trust is paramount to the success of the relationship. It is also important that the initial focus in the relationship be on the personal growth of the person that you are in a mentoring relationship with. That may include addressing self-esteem, self-confidence, self-worth and self-doubt. Doing a quick “scan” at your initial meeting will help you determine the state of the relationship and what course of action is to be taken to help this person on their road to healing.

Keep in mind that professional resources may be required to assist in that road to healing such as counselors, psychologists, and psychiatrists. As a mentor you own the relationship and need to be there to listen and hear what your mentee is saying. Inside each and every conversation there are hidden messages driven by trigger words that you need to be mindful of. If you are not present and actively listening and hearing you will miss those trigger words. Trigger words guide us as to where we are going next with the conversation.

My experience has shown that if I use proper Effective Mentoring skills that I can be a part of the support structure for mental health and provide a valued much needed service for someone on the path to healing.

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SiriusXM's Women In Trucking features interviews with professionals from the trucking industry - from drivers, technicians, and engineers to transportation CEOs and dispatchers - sharing their stories of the challenges and opportunities of the open road.

Women In Trucking, a show geared towards men and women listeners, also addresses gender inclusion issues pushing for more women to join its ranks. SiriusXM's Women In Trucking promotes the employment of more women by identifying and removing the obstacles that keep them from entering the field.

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She Wins Big: Playing to Elevate, Not Compete is a powerful anthology featuring women who are redefining success through collaboration, leadership, and shared growth. Through honest and inspiring stories, each woman shares the mindset shifts and defining moments that helped her rise while empowering others along the way. These are not stories rooted in rivalry, but experiences that reveal how meaningful success is built through connection, mentorship, authenticity, and purpose. The book challenges the belief that women must compete to succeed, highlighting the impact created when women choose to support and elevate one another. This anthology reminds readers that the most powerful wins are the ones shared with others.

[amazon.com](https://www.amazon.com)

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# SPOTLIGHT ON THE SOUND OF SPIRIT PODCAST

By **Meeka**  
The Travelin' Tarot

The Sound of Spirit is a spiritually grounded lifestyle and conversation podcast hosted by Meeka, The Travelin' Tarot. The show explores intuition, healing, creativity, energy, consciousness, personal growth, and the deeper human experience through authentic conversations and real-world perspective.

Blending spirituality with music, storytelling, tarot, travel, and modern culture, the show features interviews with healers, creators, entrepreneurs, musicians, thought leaders, and everyday people with extraordinary stories and insight.

Rather than presenting spirituality as something distant, quiet or overly polished, The Sound of Spirit creates an honest, relatable, and inspiring space where listeners can feel seen, empowered, and connected to themselves and the world around them.

The show will be available in both audio and video formats, with expanding on-location content, live experiences, and immersive lifestyle storytelling.

## About the host, Meeka:

Meeka, The Travelin' Tarot, is an intuitive tarot reader, speaker, musician, content creator, and host of The Sound of Spirit Podcast. Known for blending spirituality with grounded real-life conversation, Meeka creates spaces where intuition, healing, creativity, and authenticity can coexist naturally.

Through exploration, tarot, storytelling, music, and meaningful conversation, she helps people reconnect with themselves, trust their inner voice, and navigate life with more clarity and confidence. Her work examines spirituality through a modern lens — making deep conversations feel approachable, empowering, and human.

Whether she's reading the cards, exploring new places, interviewing thought leaders, performing music, or building community experiences in Las Vegas and beyond, Meeka brings a unique energy that is equal parts soulful, adventurous, insightful, and relatable.

With a growing audience drawn to her authenticity and intuitive perspective, Meeka continues expanding The Sound of Spirit Podcast into a multimedia platform centered around connection, music, self-discovery, and spiritual exploration.



## Connect With Meeka

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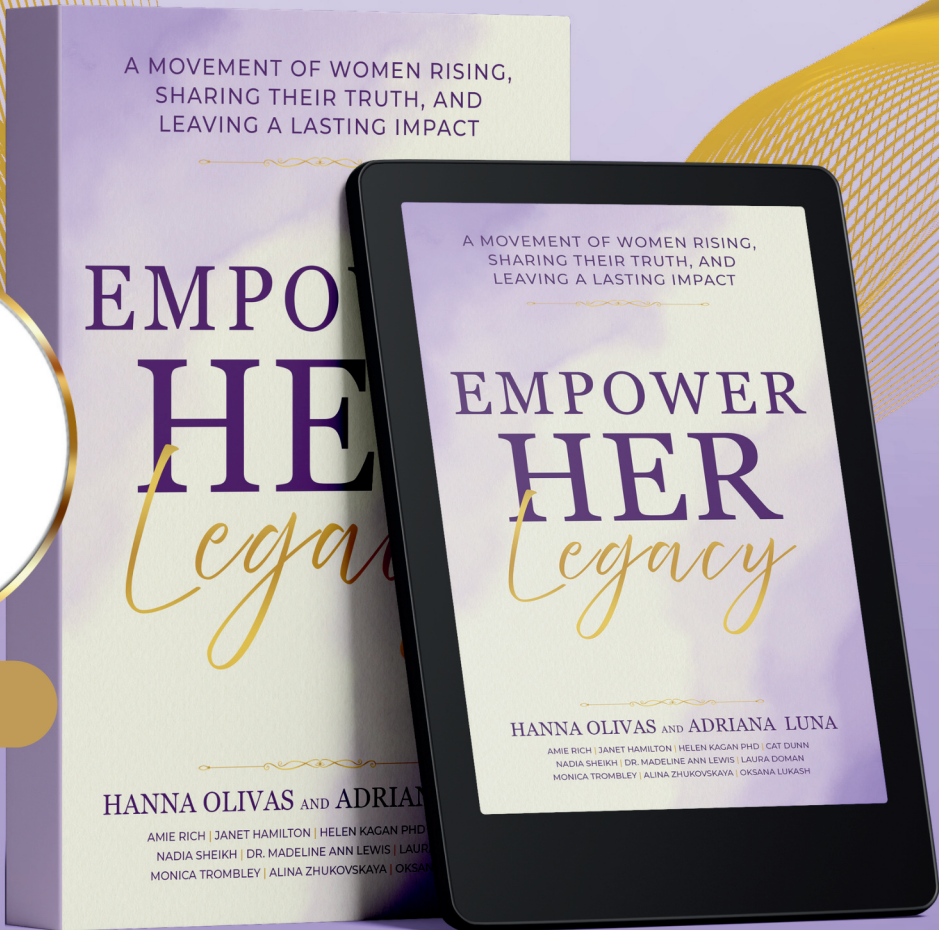
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The Untold Story: The Quiet Battles That Made Her Unbreakable is a powerful memoir that reveals the unseen struggles, quiet resilience, and defining moments that shaped one woman's journey. Through raw honesty and deeply personal reflections, it explores the courage to persevere through life's hardest seasons and the strength that is often built away from the spotlight. Paired with a compelling companion docuseries, it offers an inspiring reminder that even the battles no one sees can become the foundation for an unbreakable life. This memoir encourages readers to honor their own journey and discover that the stories we are brave enough to own have the power to transform not only ourselves but others as well.

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EmpowerHER Legacy is an inspiring anthology featuring courageous women who chose purpose over fear, authenticity over perfection, and impact over invisibility. Through heartfelt stories of resilience, growth, and transformation, each contributor shares the experiences that empowered her to rise, embrace her voice, and create meaningful change. This book celebrates the power of women turning challenges into purpose while reminding readers that every story has the potential to inspire, uplift, and leave a lasting legacy. EmpowerHER Legacy encourages women to step into their truth, own their journey, and discover that sharing their story can change not only their own life, but the lives of others.

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# BOOKS4GUYS:

## BUILDING A COMMUNITY AROUND READING, LEADERSHIP, AND REAL CONVERSATIONS

By **Chris Clinard**



A few years ago, I noticed something that kept bothering me.

Everywhere I looked, people were talking about productivity, success, leadership, discipline, and personal growth — but fewer people actually seemed excited about reading books anymore. At the same time, I also realized many guys simply did not feel connected to reading in the way they probably should.

That idea eventually became Books4Guys.

What started as a simple passion project has slowly evolved into a growing platform centered around books, conversations, leadership, personal growth, and helping people become better readers, thinkers, leaders, and professionals.

The mission is simple:  
Get more people reading and create meaningful conversations around ideas that can improve lives.

But the bigger realization for me has been this:

Books are not really just about books.

They are about exposure to new ways of thinking.  
They are about perspective.  
They are about mentorship.

They are about growth.

A great book can save someone years of mistakes.

It can completely change how they think about business, relationships, health, leadership, money, discipline, or life itself.

That belief became the foundation for the Books4Guys podcast.

The podcast started as a way to have authentic conversations with people doing interesting things in business, sports, leadership, health, entrepreneurship, coaching, and personal development. Over time, those conversations evolved into something much bigger than simply discussing books.

The guests began sharing stories about:

- overcoming adversity
- building businesses
- leadership lessons
- mental health
- discipline
- personal growth
- sports
- parenting
- resilience
- faith

- entrepreneurship
- purpose

And honestly, some of the most powerful moments came from guests opening up about struggles and challenges most people never see publicly.

That is one of the things I love most about podcasting.

Podcasting creates space for real conversations in a world that often feels rushed, filtered, and surface level.

A podcast allows people to slow down, tell stories, explain experiences, and share lessons that might genuinely help someone listening on the other side.

That matters. Especially today.

One thing I have learned through Books4Guys is that people are craving authenticity more than perfection. They want conversations that feel real. They want honesty. They want practical wisdom. They want stories they can relate to.

And podcasting provides a unique opportunity to create exactly that.

Another thing that surprised me along the way is how much podcasting and networking overlap.

Some of the best opportunities, partnerships, friendships, and collaborations that have come through Books4Guys happened simply because of conversations. One introduction leads to another conversation. One podcast guest introduces another guest. One relationship opens the door to another opportunity.

The compound effect of genuine relationships is very real.

That has become one of the biggest lessons from building the platform:  
Relationships matter more than algorithms.

Yes, growth matters.  
Yes, marketing matters.  
Yes, social media matters.

But genuine relationships still win long term.

As Books4Guys continues growing, the vision is becoming much bigger than a website or podcast. The goal is to continue building a community around reading, leadership, growth, and meaningful conversations while also finding creative ways to encourage more people — especially young men — to pick up books and invest in themselves.

Because reading is still one of the greatest cheat codes available.

You can learn directly from world class thinkers, athletes, entrepreneurs, coaches, investors, psychologists, leaders, and creators for the price of a single book.

That is incredible when you really stop and think about it.

Books4Guys is still growing and evolving every day, but the mission remains the same:  
Create conversations that matter.  
Encourage people to read more.

Help people grow.

And continue building a platform focused on leadership, learning, authenticity, and positive impact.

Because readers today really do become leaders tomorrow.

### Connect With Chris

[www.books4guys.com](http://www.books4guys.com)



# SPOTLIGHT ON PEPPA'S CONVERSATIONS

By **Peppa and Q**





# PEPPA'S CONVERSATIONS

Peppa is the heart and voice behind Peppa's Conversations, a live talk podcast based in Baltimore, Maryland. As a retired mother who turned her passion for communication into a growing platform, Peppa has dedicated herself full-time to creating meaningful discussions that connect with everyday people. Known for her warm personality, humor, wisdom, and ability to make guests feel comfortable, she brings authenticity and energy to every broadcast. Alongside her son and co-host Q, Peppa helps create a space where listeners can laugh, learn, reflect, and openly share their thoughts on real-life topics.

Peppa's mission is simple: give people a voice and create conversations that matter. Whether discussing current events, personal struggles, community issues, entertainment, or interviewing special guests, she approaches every episode with honesty and compassion. Her listeners appreciate her relatable style and willingness to discuss topics others may avoid. Broadcasting live Monday through Friday, Peppa continues to build a loyal audience by staying true to herself and the community she serves. Through Peppa's Conversations, she proves that real people and real conversations can truly make an impact.

Q is the energetic and insightful co-host of Peppa's Conversations and works alongside his mother, Peppa, to create engaging discussions that resonate with listeners from all walks of life. As part of the podcast's dynamic mother-and-son duo, Q brings humor, perspective, balance, and authenticity to every episode.

His personality and conversational style help create a relaxed environment where guests and callers feel welcome to express themselves openly. Together, Peppa and Q have built a podcast known for lively conversations, fresh perspectives, and meaningful interaction with their audience.

Broadcasting live from Baltimore, Maryland, Q helps guide discussions on a wide range of topics, including community issues, relationships, culture, entertainment, and personal growth. He is passionate about connecting with listeners and making sure every conversation feels genuine and impactful. Q's ability to blend humor with thoughtful commentary makes him an important part of the show's growing success. Through Peppa's Conversations, Q continues to help create a platform where listeners feel heard, valued, and inspired to join the conversation.

**Connect With Peppa**

[www.peppasconversations.com](http://www.peppasconversations.com)

A woman with blonde hair, wearing a dark pinstriped suit jacket and a matching skirt, is shown from the chest up. She is looking out over a city skyline at sunset. Her hand is resting on her chin in a thoughtful pose. The background shows a dense urban landscape with many buildings under a warm, orange and yellow sky.

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# LISA CALLAHAN AND KARI MORIN: REDEFINING MIDLIFE, ONE HONEST CONVERSATION AT A TIME

By **She Rises Studios Editorial Team**

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For many women, midlife arrives with a complicated mix of emotions. It can be a season of transformation, uncertainty, reinvention, and growth. Yet despite the profound changes women experience during these years, the conversations surrounding this stage of life have often been limited, misunderstood, or ignored altogether.

That is precisely why Lisa Callahan and Kari Morin created *The Things We Know*, a podcast dedicated to exploring the realities of midlife and beyond with honesty, humor, and heart.

What began as a natural extension of the conversations they were already having in their coaching practices has evolved into a thriving community where women feel seen, understood, and far less alone.

Again and again, Lisa and Kari heard the same sentiment from clients.

*"I thought I was the only one going through this."*

The details varied. Sometimes it was about changing relationships, career shifts, aging, identity, health, or unexpected life transitions. But the underlying feeling remained the same: isolation.

Recognizing how common these experiences were, they wondered what might happen if those conversations were brought into the open.

Rather than presenting themselves as experts or polished influencers, they chose a different approach. They simply showed up as themselves. Two Gen X women sharing their experiences, lessons, mistakes, and observations about life.

The response was immediate and deeply affirming.

Listeners began reaching out to say they felt as though Lisa and Kari were sitting across from them at the kitchen table. Others admitted they found themselves talking back to the podcast because the conversations felt so familiar and relatable.

For Lisa and Kari, that sense of connection is exactly what they hoped to create.

Their mission is not to provide all the answers. It is to create a space where women can feel heard, validated, and understood during a season of life that deserves far more attention and celebration than it often receives.

Over the course of hundreds of conversations, personal stories, and interviews, one message has emerged above all others: it is never too late.

Again and again, they have encountered women who are pursuing dreams they once believed were out of reach. Some are writing books they postponed for decades. Others are stepping into creative ventures, launching businesses, or taking risks they never imagined earlier in life.

Lisa and Kari have observed that something powerful happens as women grow older. Many begin to release the pressure of living according to other people's expectations. The opinions that once carried so much weight begin to lose their influence.

In that freedom, new possibilities emerge.

The podcast itself is a reflection of that truth.

Both women were 53 years old when they launched *The Things We Know*. Looking back, they openly acknowledge that they probably would not have had the confidence to start the project even a few years earlier.

Their attitude was simple: if it succeeds, wonderful. If it doesn't, they are doing it anyway.

Ironically, that willingness to take the leap without seeking permission became one of the qualities that resonated most deeply with their audience.

Every week, women continue to tune in, eager for stories that remind them that their most meaningful chapter may still lie ahead.

Part of what makes the podcast so distinctive is the balance it strikes between vulnerability, wisdom, and laughter.

There is no formula behind it.

The dynamic listeners hear on the podcast is simply an extension of the friendship Lisa and Kari share every day. Their conversations continue through constant texts, messages, and exchanges long after the microphones are turned off.

That authenticity creates an atmosphere where guests feel comfortable bringing their full selves into the discussion.

Because neither woman claims to have everything figured out, guests and listeners often feel permission to let down their guard as well.

The result is something refreshingly genuine.

Some conversations are emotional. Others are inspiring. Many are unexpectedly funny. Yet almost all leave participants feeling energized and encouraged.



One of the most rewarding aspects for Lisa and Kari is hearing from guests after an interview. Many share how enjoyable and liberating the experience felt and how motivated they are to continue their work afterward.

It is a reflection of the environment the co-hosts have cultivated: one grounded in trust, openness, and genuine enthusiasm.

Their partnership itself serves as a powerful example of what can happen when women embrace collaboration rather than competition.

Interestingly, Lisa and Kari have only known each other for about eight years. For much of that time, their relationship existed almost entirely through virtual interactions while working for the same coaching company.

When they finally met in person and began sharing stages together, the connection was immediate.

Since then, they have built a partnership based on mutual respect and a clear understanding of each other's strengths.

Kari serves as the visionary and writer, while Lisa excels at promotion, communication, and bringing ideas to life in the public sphere.

Rather than competing for space, they allow each other to fully own those strengths.

It is a philosophy they hope inspires the women who follow their work.

They encourage women to stop waiting until they feel ready, qualified, or young enough. They challenge the outdated belief that women must compete with one another to succeed.

Instead, they advocate for something far more powerful: women supporting women, amplifying each other's gifts, and creating meaningful change together.

Beyond the podcast, Lisa and Kari continue to expand that vision through retreats and community-building experiences designed to foster deeper connection.

Their work is rooted in a belief they have witnessed repeatedly: women heal in community.

While many women experience profound loneliness during midlife, they have also seen firsthand how transformative genuine connection can be.

The legacy they hope to leave is not one of perfection. It is one of honesty.

They want women to see what it looks like to navigate life in real time, with all the uncertainty, growth, setbacks, laughter, and courage that come with it.

Through every episode, every conversation, and every gathering, Lisa Callahan and Kari Morin are helping reshape the narrative around aging. They are proving that midlife is not an ending but a beginning.

And for the growing community that joins them each week, that message may be exactly what they need to hear.

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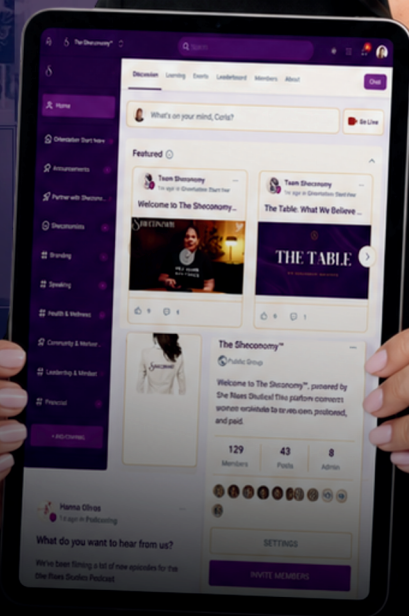
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# MIDLIFE REDEFINED

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Lisa Callahan and Kari Morin are changing the conversation around midlife by creating a space where women can embrace transformation, growth, and new beginnings. Through The Things We Know podcast, they bring honest conversations, real stories, and heartfelt insights that remind women they are not alone in navigating change. With authenticity, humor, and connection at the center, Lisa and Kari inspire women to release expectations, embrace their next chapter, and discover that some of life's most meaningful moments are still ahead.

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