

## Mindful Career Transitions Podcast



Firstly – thank you for being a guest in this empowering podcast series!

We're so excited to showcase your experience and expertise.

### The Interview Format

I'll call you via Skype and we use audio only – no video.

My Skypename is **liesel.teversham** and I'll send you an invitation to connect.

Our target audience is women who may have been successful in their career, and have started asking themselves "Is this it? There must be more to life!" They may be very unhappy at work and want to transition to a career that fills their days with meaning, purpose and joy. They may need to shift their mind-set a little and they're in the process of discovering what's really important to them.

They would love to hear from others who have made such a shift successfully, and who now find joy and inspiration in their work. Or, they'd love to hear from those who work with this challenge and can offer guidance and tips.

Thank you for sharing so others can gain hope and motivation for their own journey! You've been invited to be a guest because I love how successful and inspiring you are in your area. However, we know it's not the whole story of who you are and why you do what you do.

This podcast is your opportunity to inspire our listeners with your story and the wisdom you earned along the way. It's also my pleasure to shine a light on you and your expertise.

While there is a general structure that I follow, usually our time together is very conversational. It's lovely when people feel they've been invited to 'eavesdrop' on valuable tips and strategies while they get to know you better.

### Here are a few things to be aware of to ensure we'll have an awesome recording:

- Use a **USB headset** for our Skype recording
- A **quiet** environment
- Turn off your mobile phone for the duration
- First prize if you're able to plug your computer into a router with a wired connection
- Turn off Facebook and email **notifications**
- Be as still as possible so we don't get fluctuations in sound levels

Below is the general flow of the interview, which should take about 20-30 minutes. The outline offers a heads up on what to expect. Usually, though, when something interesting pops up, we follow that line of thought. There's often gold in those 'sidelines'.

### 1. The Road you took to get here

I'll briefly introduce you, with your bio, and then invite you to share a little about the road you took to get to where you are.

### 2. Successes

What's the biggest success you have enjoyed along the way?

### 3. Growth Opportunity

Our overarching topic is "Mindful Career Transitions." What was the biggest growth opportunity for you on your way to a career that's fulfilling?

If you work with others to guide them with career choices, I could also ask "What're the biggest growth opportunities for people who want to make a career transition to something that inspires and fulfils them?"

### 4. Your Questions

Here's most likely the spot where I'll ask you the questions you gave me. You'll complete a web form with this information. Please make sure to give me at least 2 questions I can use to get a conversation started so it can form a bridge between a Mindful Career Transition and your work. Since I may not know you well, and unfortunately find it next to impossible to do enough research on every guest's expertise, this really helps me to showcase your expertise and passion for what you do.

### 5. Opportunities to Learn with You

Here's where we'd love to hear about one of your programs or books. I narrow it down to one specifically because listeners who have too many choices often don't take action. If you have more than one available – which is your favourite, or do you feel most in touch with right now?

### 6. Last Thoughts

Any last thoughts of inspiration (or an action step we can take) you'd love to share with us that we didn't already cover?

I'll thank you and keep quiet for a second or two to have a clear cut-off for the recording, after which we can continue talking if time allows.

I'll have the recording edited and uploaded to the show and create a Show Notes page. I'll let you know as soon as it's ready for the airwaves so you can let your peeps know. It's often a few weeks from the recording date.

Again, thank you for taking part in the **Mindful Career Transitions Podcast**.

Warmly, Liesel