



*a game-changing
message in a thoughtful,
humorous, and
impactful way*

- Dennis Pitocco, 360 Nation

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Podcast Discussion Topics

- **Mental Well-Being** – Drawing from my experiences, I discuss the importance of mental health in both personal and professional success, and strategies for fostering resilience and reducing burnout.
- **Comedy as a Communication Tool** – I talk about how humor, when used effectively, can break down barriers, build rapport, and make challenging conversations easier to navigate in both business and personal settings.
- **Adversity** – I offer practical tips on how to overcome life's challenges by reframing struggles into strengths, using my own experiences of personal reinvention as examples.

- **Authenticity** – I share how embracing your awkwardness and living authentically can unlock personal growth and foster deeper connections in both life and business.
- **Reframing/Mindset** – I provide tools to shift your mindset and reframe awkward, uncomfortable moments into opportunities for growth, using practical examples from my coaching work.
- **Public Speaking** – Sharing insights on how to overcome the fear of public speaking and how embracing your awkwardness can make you a more authentic and engaging speaker.

Previous Podcast Appearances

[Transformation with Martine](#) [Find Your Joy](#) [A Touch of Flavor](#) [Unleash Your Greatness](#) [Coaching Conversations with GoMobi](#)
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