



# claudia williams

Podcasts: Some are my faves. Some are recommended by people I respect.

I'm always looking for inspiration, creativity and education. Here are some podcasts I thought I would share with you. Do you have a fave that should be added to the list? Drop me a line and let me know!

**1. The Tim Ferriss Show:** Tim Ferriss is a self-experimenter and bestselling author, best known for The 4-Hour Workweek, which has been translated into 40+ languages. Newsweek calls him "the world's best human guinea pig," and The New York Times calls him "a cross between Jack Welch and a Buddhist monk." In this show, he deconstructs world-class performers from eclectic areas (investing, chess, pro sports, etc.), digging deep to find the tools, tactics, and tricks that listeners can use.

**2. NPR TED Radio Hour:** The TED Radio Hour is a journey through fascinating ideas: astonishing inventions, fresh approaches to old problems, new ways to think and create. Based on Talks given by riveting speakers on the world-renowned TED stage, each show is centered on a common theme – such as the source of happiness, crowd-sourcing innovation, power shifts, or inexplicable connections. The TED Radio Hour is hosted by Guy Raz and is a co-production of NPR & TED. Follow the show @TEDRadioHour.

**3. On Being:** On Being takes up the big questions of meaning with scientists and theologians, artists and teachers — some you know and others you'll love to meet. Each week a new discovery about the immensity of our lives — updated every Thursday. Hosted by Krista Tippett. Discover more at onbeing.org. On Being Studios is the producer of On Being, Becoming Wise, Creating Our Own Lives, and more to come.

**4. The Carey Nieuwhof Leadership Podcast:** The Carey Nieuwhof Leadership Podcast is a podcast all about leadership, change and personal growth. The goal? To help you lead like never before—in your church or in your business. Carey interviews top leaders like Andy Stanley, Craig Groeschel, Chuck Swindoll, Brian Houston, Jon Acuff, Kara Powell, Chris Brown, Louie Giglio, Thom Rainer, Mark Batterson, Ravi Zacharias, Lewis Howes, Christine Hassler, Jenni Catron, William Vanderbloemen and many more. The podcast features a mix of well-known and everyday leaders whose insights bring tremendous value to your development as a leader. For insightful posts on leadership, change and personal growth and podcast show notes, go to [www.careynieuwhof.com](http://www.careynieuwhof.com).

**5. Andy Stanley Leadership Podcast:** Welcome to the Andy Stanley Leadership Podcast, a conversation designed to help leaders go further, faster. Andy Stanley is a pastor, communicator, author, and the founder of North Point Ministries in Alpharetta, Georgia. For additional information, visit [www.andystanley.com](http://www.andystanley.com).

**6. Leadership University:** Dr. Henry Cloud's Leadership University Podcast is a podcast designed to help you learn how to leverage influence, maximize potential, and enhance opportunities in your personal and professional life. Each episode features a leadership lesson from Dr. Henry Cloud and an interview with top business leaders such as Ken Blanchard, Maria Shriver, Chris McChesney (Franklin Covey), Josh Ellis (SUCCESS Magazine), and many more. Our goal: To help you develop and nurture the qualities you need to become a successful leader at work and at home. For podcast show notes and additional resources to grow your leadership skills, visit [www.drcloud.com](http://www.drcloud.com).

Some of my clients are my friends while some are strangers taking a chance based on a referral or recommendation. As with all great relationships, when there is mutual respect and trust, loyalty abounds. **Let's be Friends!**

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**7. Engaging Leader:** Engaging Leader is a show that shares principles to communicate, engage, and lead with greater impact. This podcast helps you inspire trust, passion, and action.

**8. The Communication Guys:** Your ultimate level of success depends on your ability to express yourself in a creative, confident, and compelling way. Whether you speak, teach, or write, the same underlying principles of communication will guarantee excellence in whatever you do. The Communication Guys podcast teaches those timeless, universal principles and applies them to all forms of communication: spoken and written, personal and public, platform and small group. Tim Downs is a professional speaker, communication trainer, novelist, and cartoonist whose work has appeared in newspapers from the New York Post to the Los Angeles Times. Dr. Tom Barrett is an internationally recognized expert in the psychology of success who specializes in teaching communication skills, emotional intelligence, and business development to entrepreneurs and business leaders.

**9. ConMan Talk – Conflict Management:** ConMan Talk offers practical, irreverent and occasionally entertaining Conflict Management and negotiation advice for everyday life.

**10. Communication Untangled:** Stacie Speaker Communication and Conflict Resolution Expert and Coach gets in the trenches to help untangle, dissect and finally understand this thing we call communication. This podcast is dedicated to helping smart women and men sharpen their communication skills to help improve their lives both professionally and personally. As a communication expert, Stacie knows what it takes to have conversations that work. She and her guests will provide actionable tips, strategies and insights on how to build up your communication toolbox, so you no longer struggle, manipulate or beg to get what you want from others, can finally have those hard conversations and create real relationships in every area of your life.

**11. This American Life:** With over 2.2 million listeners on over 500 public radio stations each week, this show tells you true stories of real life. Learn history. Learn life. Listen to compelling stories about real people. This is quintessential public radio journalism and is hosted by the legendary Ira Glass. Learn more at [www.thisamericanlife.org](http://www.thisamericanlife.org).

**12. The Gary Vee Audio Experience:** Gary Vaynerchuk is a legend in the entrepreneur, marketing, vlogging, social media, etc. space. His books are on my list of things to read, so his podcast is on my list of things to which you should listen if you want to take your business and marketing skills to the next level.

**13. The Minimalists:** Get tips on how to focus on simplicity, live with intention, and find joy and purpose. The hosts gave up the quest for acquiring things and decided to live more simply. In doing so, they found true happiness. They take questions from listeners and offer actionable advice.

**14. The Nice Guys on Business:** It's funny, but it does have the occasional F-bomb (in case you are offended by foul language). These guys offer practical business advice on how to build relationships (obviously a message after my own heart), effective training practices and critical thinking skills. It's worth a listen, especially if you're wondering what happened to great workplace cultures.

**15. Creative Pep Talk:** Who couldn't use a great pep talk every now and then? If you're like me – you feel creative and have a bunch of ideas but need a boost to get things off the ground, then this is a good podcast for you. Most of the episodes are about an hour long, so it's great if you have a commute to work or you're taking your dog for a long walk. Take your ideas and do something with them!

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