

# AFROS & AUDIO PODCAST FESTIVAL

## Five Simple Ways to Keep Podcasting When Perfectionism Shows Up!

### DESCRIPTION:

Let's face it, perfectionism is going to rear its head in podcasting. It happens to everyone, regardless of your podcast download numbers, how long you have been in the industry, or how successful you are. Perfectionism can be sneaky.

Perfectionism is going to have you:

- Feeling like an imposter when you finally land that sponsorship or don't have the most up to date mic
- Procrastinating about reaching out to your ideal guest
- Asking yourself: Am I good enough?

Does this sound familiar? If so, join this session to learn five ways to break the cycle of perfectionism and feel confident in podcasting. If this doesn't sound familiar, we still invite you to participate because at some point this will show up; we are human. In this session you will learn how to identify what perfectionism looks and sounds like, wherever you are on your podcasting journey, AND you will learn simple, yet effective tools to break the cycle of perfectionism when it shows up (and it will keep showing up!). Lean into your superpowers when you feel overwhelmed and let's build your confidence to continue forward.



## **FACILITATOR:**

Bianca Kesha Hughes is setting boundaries and breaking barriers. She knows how to navigate life and discover true identity while trusting in God. Known for authenticity and heart-work services, Bianca is the ultimate trailblazer in the mental health and wellness field as a therapist, coach, speaker, and podcast host, inspiring her audience to let go of the illusion of perfectionism.

She is deeply connected to her cultural values, and Caribbean heritage, and her foundation of faith is a source of light for everyone around her. A courageous and determined woman, she moved to America from London in her 20's to follow her dreams.

Bianca experiences her fair share of trials and pain but she heals through vulnerability and connecting to her authentic self. For this reason, she is passionate about breaking down the walls of perfectionism, encouraging her audience to connect to their authentic self while creating a safer place for them to be seen and heard.

Bianca created Authentically Be You Counseling & Wellness Studio, to help women dig deeper to uncover their greatest fears and tap into the inner turmoil rooted around perfectionism. Bianca continues to help women connect to their inner selves through self-awareness and vulnerability to essentially embrace their imperfections and authentically be themselves.

Her podcast, "It Didn't Break Me," creates a space for honest and vulnerable conversations. Her guests share their transformational life stories around the messy stuff they didn't think they'd come back from yet they are still here. "It Didn't Break Me" podcast is a platform for people who are struggling with mindset shifts around perfectionism and being their authentic self, inspiring them to discover the beauty in the mess.

