



AFROS & AUDIO VIRTUAL PODCAST FESTIVAL

The Truth About Creative Burnout

DESCRIPTION:

"The Truth About Creative Burnout" is a facilitated Breakout Session. Research indicates that 60-75% of all podcast creatives fail to release new episodes after their first year. Podfade is a very real phenomenon that is often caused by creative burnout. The pressure of consistently creating high-quality content, finding your audience, and monetizing your podcast (especially as a podcast creative of color) can quickly become burdensome and overwhelming; ultimately leading to podcast death and personal feelings of failure. Understanding the causes, symptoms, and prevention/intervention strategies related to creative burnout is an important step in making sure your podcast outlasts the majority.

FACILITATOR:

Latrice Sampson Richards, PMHC, LPC-S, CLC is a mental and emotional wellness creative and CEO of Sampson Therapeutic Services, LLC. She teaches Black women the skills they need to heal and manifest. Latrice is the host of "Unicorns Talk" podcast, a weekly chat about Black women, our healing, and manifestation, and founding editor of TheBlackUnicornProject.com, an online community center committed to the celebration of Black culture and well-being. Through her online community and academy, Trust Village, Latrice chronicles her journey of growth and self-development while teaching relevant life skills, effective coping skills, and the reality of what it takes to heal and manifest. Originally from New Orleans, Latrice is an internationally renowned speaker, teacher, healer, and entrepreneur.

LOGISTICS:

Time: 50 minutes facilitated workshop
10 minutes Q & A (optional)

Format: Workshop

