

AFROS & AUDIO PODCAST FESTIVAL

The Wellness of Black Women in Podcasting

DESCRIPTION:

This group panel will discuss the importance of sustainability for Black women podcasters. They'll share their individual struggles and setbacks within podcasting, while emphasizing the importance of mental wellness, professional wellness, and financial wellness as Black women podcasters. In this discussion, they will not only share the key decisions made to regain and safeguard their wellness while still attaining success, but also provide space for Black women to lay down their podcasting burdens, fellowship with one another, and become empowered through actionable steps to regain and maintain wellness as a Black creative.

- Mental Wellness: Combat burnout, imposter syndrome, comparison, criticism, and the fear of visibility.
- Professional Wellness: Evolve as creatives while staying true to your initial intention
- Financial Wellness: Maintain success and increase reach through successful monetization endeavors (products, affiliate marketing, brand deals, sponsorships, crowdfunding, podcast networks, grants, etc.)



FACILITATORS:

Originally from Atlanta, **Christine Job** is an award-winning podcaster and Business Strategist. She is currently based in Spain. Her podcast "Flourish in the Foreign" celebrates, elevates, and affirms the voices & stories of Black women living & thriving abroad, while also exploring living abroad as a pathway to wellness. Launched in 2020, "Flourish in the Foreign" was recently shortlisted for the 2021 International Women's Podcasting Awards and won the Black Podcasting Awards 2021 Best International Podcast award. As a business strategist, Christine helps Black women and WOC to leverage their expertise & talents into viable & sustainable businesses, businesses that make her clients professionally fulfilled and financially abundant while pursuing thriving lives abroad.

Danielle Desir Corbett is a former grants administrator turned creative entrepreneur. She is a multi-passionate blogger, author, and host of The Thought Card, a top-rated, 4x grant-funded affordable luxury travel and personal finance blog and podcast empowering financially savvy travelers to travel more and build wealth. As the founder of WOC Podcasters (Women of Color), Danielle is passionate about supporting and amplifying Women of Color audio creators, helping them expand their podcasting skills and grow their income.

Cassandra Dunbar is the creator/host of the award-winning wellness podcast called Be Well, Sis. In her personal quest to achieve holistic wellness, she noted that Black women are often underrepresented or alienated in Wellness spaces despite suffering the worst medical outcomes compared to their peers. Cassandra began her podcasting journey in order to address this lack of inclusion. Since its debut in March 2020, it has been recognized by Apple Podcasts as "New and Noteworthy" twice, ranked among the TOP 10 of Alternative Health podcasts and top 200 of all Apple Podcasts in the United States. She is dedicated to empowering Black women with insightful conversations on mental/emotional healing, personal development, and holistic wellness.

Kelley Bonner is an award-winning Podcaster and Company Culture Strategist. Kelley's podcast "Black Girl Burnout" calls for Black women to release themselves from cultural myths and opt-out of the struggles that lead to burnout by providing daily healing practices. As a company culture strategist, Kelley impacts culture and policy across the globe. She transforms workplaces by reducing burnout and bias and increasing innovation and inclusion. She has worked with several federal and international organizations to create safer environments and strategies for violence prevention, including the U.S. Military, Library of Congress, National Academy of Sciences, The United Nations, and NATO. Kelley is from Upstate NY and currently lives in the Washington, DC area.

