

# AFROS & AUDIO PODCAST FESTIVAL

## The Guest Recipe: Interviewing with Impact

### DESCRIPTION:

An intimate panel conversation with hosts of three different professional podcasts, who will share their ingredients to conducting crucial conversations that not only influence their audience but leave indelible impressions on their guests.

With a healthy dose of collaboration, a dash of redirection & a sprinkle of flexibility you can create your own recipe to conducting an interview with impact.



## FACILITATORS:

**Shamiko Reid** is an independent podcast showrunner & the Community Manager for the Facebook Group Women Who Podcast (or Want To). Her first podcast, The Discussion Room was an extension of her blog DaaamnDaddy which served as a safe space for her to process her “daddy issues.” The safe space she created for herself compelled others to open up about the ways they were still processing the events of their childhood, and creating that podcast served as her way to amplify the voices of others.

Her latest podcast project sets out to amplify the voices of fellow Howard women. Attempting to capture the commonalities amongst alumna of the juggernaut HBCU who are both living up to the weight the legacy carries and struggling to find their place in its rich history.

She’s written for outlets such as Black Love & Health in Her Hue and served as a speaker/presenter at conferences including the 2021 Afros & Audio Festival.

**CaTyra Polland** is a 9x published author, serial entrepreneur, certified editor, statewide speaker, and CEO of the MWBE certified editing boutique, Love for Words. Her ambition garnered her recognition as a 2018 Rochester Business Journal 40 Under 40 honoree and a national Point of Light honoree.

CaTyra, a service leader and community pillar founded the Literacy Love Scholarship for high school students in Rochester, NY. As a professional committed to supporting and creating platforms for Black authors and writers, she launched Editor Knows Best, an international podcast for literary creatives. CaTyra’s mission is to promote literacy, empower others, and see that her wildest dreams come to fruition.

**Khaya Caine**, M.A., CPC, is no stranger to wearing many hats: Certified Life Coach, author, educator, parent engagement specialist, actress, journalist, and entrepreneur just to name a few. She is one of the contributing authors of the best-selling book, [soulbizbook.com](http://soulbizbook.com). However, it’s her role as wife, mom, daughter, and sister that inspires her humanity, determination, and creativity the most! Caine has dedicated much of her career to making a difference in the lives of young people and big dreamers. She is a graduate of the S.I. Newhouse School of Public Communications and Clark Atlanta University. When she isn’t stealing hugs from her favorite toddler, she’s dreaming of ways to make the world a more mindful, equitable place for children.

**Monica El**, M.A. is a creative soul with a Midwest upbringing and values that have helped her persevere. In summer 2020, she released her first self-published poetry book ‘Still a Lady: Clarity, Love, and Light during a Global Pandemic’, which was Amazon’s number one new release in the categories of African American, Inspirational & Religious, and Women's Poetry. In spring 2021, she released ‘My Positive Affirmation Journal: With writing prompts to inspire inner peace, health, and wellness in a global pandemic for men and women. Also, she served as a contributing writer for the Los Angeles Sentinel Newspaper. Currently, she resides in Los Angeles and is an alumna of the USC Annenberg School for Communication and Journalism. She launched her career in education, first as a primary school educator and then as an administrator at a top-tier private university. With over 20 years of experience in the educational industries, Monica specializes in college readiness and serves as the director of Synergy Finder, a College Educational Consulting Service. To find out more about Monica El, visit her official website at [www.synergyfinder.com](http://www.synergyfinder.com).



With nearly 30 years of domestic and global experience across industries and functions, **Laurel Rutledge** speaks the language of organizations. As a black woman who reached the top level in her profession and a former senior HR Executive, she also knows what it takes to survive and what makes employee leave or stay. Laurel's expertise in human resources, risk management, consulting, and internal audit further enhances her ability to simplify complex situations, moderate difficult conversations, and provide effective guidance. It is this experience that she brings to every solo podcast, every radio show and every interview. She asks the deep questions, listens to the answers, and guides the guests and listeners through a journey of self-discovery – all in a space of compassion and no judgment.

Laurel left the corporate world and started her business in January of 2018. That same year she launched her podcast, with the idea of using it to drive clients to the advisory part of her business. But then the vision shifted as Divine purpose became clear. The introverted executive LOVED the podcast – even the video aspect of the process – who knew???

After a slow start, Laurel recommitted to The Rutledge Perspective Podcast; in 2019, she was tapped for her own weekly radio, The Rutledge Perspective Radio Show Live, on the Historic KCOHtv-Radio, the Boost - the oldest urban radio station in Houston, Texas; and in 2022, was asked to join the Fireside platform as a creator of her own live podcast/show called Alignment, Vision, Action.

Laurel's content has a global audience and is intended to be short, sweet, meaty and to the point. Small bites. And she interviews guests that have a story to tell and a journey to reveal. As a recent guest said, "[Laurel asks] the deepest questions and ties them in to what I just said! This was an incredible experience! You should be on TV!" (Maybe one day!) Using her ever present, genuine curiosity about how people have aligned themselves, created their own vision and moved into empowered action, Laurel gets to the heart of issues. She isn't afraid to ask the hard questions or have the heated conversation. Her only rule is, "you don't have to be ugly to be candid." Laurel's radio show broadcasts live around the globe weekly on Tuesdays. Her pre-recorded podcast drops weekly on Wednesdays, and her Fireside show is moving to Wednesday evenings starting in September of 2022 with a monthly mid-day show for Empowerment Village.

