



THE COACHING LOUNGE PODCAST

CONTACT INFO



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ABOUT THE PODCAST

Our mission is to spread encouraging, progressive and inspirational messages. We seek to create a platform where discussion is used as a strategy to help others constructively shape and direct their lives, using dialogue as a stimulus.

We are driven to provide an arena where life coaching principles underpin the transformation of the outer-world of the listener, by reaching into their inner world, specifically using podcast as the vehicle of transmission.

Soundcloud: /SatelliteLifeCoaching



THE HOST

Rebecca Gordon is a Life Coach, NLP practitioner, teacher, trainer, manager, and mentor. She is privileged to have coached and trained hundreds of people worldwide (Africa, Eastern Europe, UK, USA and the Caribbean).

Through living her values that include integrity, determination, focus, perseverance, honesty, humbleness and resolve, Rebecca works tirelessly to enable others to step into their personal power and live on purpose.



THE GUEST

There are a few things I will need beforehand from guests in order to prepare for their interview and for post-show promotion on various platforms.

1

Two high-quality photos as a .JPG or .PNG file type.

2

Any questions you may wish me to ask in order to focus on any particular areas that you wish to cover*. There will also be free-flow.

3

A short Biography that is approximately 100-200 words long.

4

Links to your website and social media sites.

*

Guests usually provide me with a 'Media Kit' or 'One Page' that has the required information.