

Thank You
for being a
podcast
guest

QUICK GUIDE

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The podcast will
be recorded on
Skype or Zoom

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Consent

PLEASE CONSENT TO BEING RECORDED
AND FOR LIFE ASPLAND TO USE THAT
AUDIO FOR THEIR PODCAST AND
MARKETING

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Short bio

BEFORE WE RECORD, ENSURE YOU
SEND A SHORT BIO, HEADSHOT AND
ANY LINKS TO YOUR SITE OR SOCIAL
MEDIA YOU WANT US TO SHARE

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4 + 1

Questions

TELL US HOW YOU MOTIVATE
YOURSELF EACH DAY

TELL US HOW YOU KEEP ALL THE
PLATES SPINNING

TELL US HOW YOU UNWIND

TELL US HOW YOU GET BACK ON TRACK
AFTER A BAD DAY

SHARE YOUR TOP 3 TIPS ON BEING
PRODUCTIVE AND ORGANISED

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After the chat

WE WILL LET YOU KNOW WHEN THE
PODCAST IS SCHEDULED

RECOMMEND SOMEONE YOU THINK MAY
BE OF INTEREST AND HAVE SOME
GREAT TIPS FOR OUR LISTENERS
- PLEASE INTRODUCE US IF YOU KNOW
THEM PERSONALLY

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ONCE THE PODCAST IS LIVE, WE
WOULD LOVE YOU TO SHARE TO YOUR
FRIENDS, COLLEAGUES AND
FOLLOWERS

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