

gemma brown coaching



if only I knew
then...

podcast



let's have a chat

Thank you for taking the time to read this information and to consider being a guest on the 'if only I knew then...!' podcast.

This podcast is born from my own lived experience, specifically the struggles during my 20s-30s. At the time, I joked I was going through my 'mid 20s crisis'. Now, being older and wiser, I know that a quarter life crisis is nothing to joke about and is a real thing. I am fascinated to hear how others navigated their younger years, and the lessons they have learnt as a result.



This will very much be a natural, free flowing conversation. Each episode includes a general outline, as well as some core elements which I'll cover as standard. This overview is to ensure you have all the information you need to get a feel for the style of podcast and to feel comfortable.

I share conversations with new guests about the life experience that has shaped who they are now and what the lessons are that they've learnt that they would love to share with their younger self.

Guests share the lessons they've learnt as they've grown older (and a little wiser?) and the things they wish they had known then that they know now.

"We would all thrive if we had the confidence to be our true, authentic selves"

more info...



Introduction - You will be invited to share a little about who you are, your back story and how you got to where you are today.

General conversation - To include chat around...

- Think back to a point in your younger years that feels prominent to you (younger being anything earlier than today).
- What time in your life stands out for you? Tell us about that time - what was going on?
- How did you deal with that time? Resources?
- What was going well, what was not?
- What age were you? How would you describe yourself then? How is that different from now?
- What would you want to do differently, if anything?
- What are your reflections on that time now?
- What is the lesson that stands out?
- How do you live by that lesson now? How has it shaped you? What would you say to people of that age now?
- If you could go back to a point in time, what age would you choose and what advice would you give yourself?
- Fast forward to your future self - what would you want to say to that version of you?



There will also be an opportunity to tell the audience how they can connect with you, if that's relevant.

If you have any questions or would like to know more, please do get in touch.

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connect

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