

Dr. Alison Kole

Business title: Alison Kole, MD, Creator/Host of the Sleep Is My Waking Passion podcast

Interview topic/title: Holistic Strategies to Help You Improve Your Sleep

Bullet points about interview:

- CBTi is preferred over medication in insomnia
- Not all sleep challenges are insomnia
- Chronic sleep deprivation kills productivity and motivation
- Sleep is our superpower!

Journal Prompts:

1. Reflect on your current sleep habits—are you getting restorative sleep?
2. How has sleep deprivation affected your productivity or leadership?
3. What is one sleep ritual you could implement to enhance your energy and focus?
4. How do you differentiate between insomnia and other sleep challenges?
5. What changes could help you leverage sleep as your “superpower”?

Kimberly Spencer

Business title: CEO

Interview topic/title: Visibility from the Nervous System Up: How to Still Feel Safe When All Eyes (and Decisions) Fall on You

Bullet points about interview:

- Rewire stress into sovereignty with nervous system regulation
- Transform fear of being seen by releasing subconscious stress triggers
- Model calm visibility to build trust and resilience in your team

Journal Prompts:

1. How does stress show up in your body when you are in high-stakes situations?
2. Reflect on a time fear of being seen limited your effectiveness—what could you do differently?
3. How can regulating your nervous system enhance your leadership presence?
4. How does modeling calm visibility affect your team's engagement and resilience?
5. Identify one daily practice to transform fear and stress into sovereignty and confidence.

Dr. Elizabeth Pritchard

Business title: Co-Founder, Director, Authentic Leadership Coach and Trainer

Interview topic/title: Breaking the Rules of Traditional Leadership to Lead Authentically

Bullet points about interview:

- Break old leadership rules to lead authentically
- Build clarity, confidence, and calm daily
- Transform triggers into growth

Journal Prompts:

1. Which “old leadership rules” are holding you back, and how could you break them?
2. How can you cultivate daily clarity, confidence, and calm in your work?
3. Reflect on a recent trigger—how could it be transformed into a growth opportunity?
4. What practices support you in leading authentically under pressure?
5. How does embracing authenticity influence your team or environment?

Shannon Polson

Business title: Movement Specialist for Midlife & Senior Women

Interview topic/title: 5-Minute Fitness: Redefining Leadership Through Movement

Bullet points about interview:

- Small bursts of movement transform energy and mindset
- Why comparison stalls progress
- Actionable steps to create calm, strength, and clarity

Journal Prompts:

1. How do you currently move your body each day, and what feelings arise afterward?
2. Reflect on a time you compared yourself to someone else—how did it impact your motivation or confidence?
3. What small, consistent movement practice could you commit to for 5 minutes daily?
4. How might regular movement create more clarity and calm in your daily routine?
5. Which area of your life would benefit most from increased energy and mindset shifts through movement?

Dr. Navaz Habib

Business title: Founder, Health Upgraded; Host, The Health Upgraded Podcast

Interview topic/title: Upgrade Your Vagus Nerve to Enable Calm in the Workplace

Bullet points about your interview:

- What the vagus nerve is and why it matters
- Vagal tone and nervous system regulation
- Role in inflammation, chronic illness, and sleep
- Breathwork, sound healing, herbs, and practices for vagal health

Journal Prompts:

1. How well do you understand your vagus nerve and its role in your nervous system?
2. Reflect on how your current lifestyle supports or hinders vagal tone.
3. Which breathwork, meditation, or movement practices could improve your vagus nerve function?
4. How could optimizing vagal function improve your sleep, focus, or stress resilience?
5. Identify one daily habit to incorporate that enhances nervous system regulation.

Tati Garcia

Business title: Be Calm with Tati

Interview topic/title: From Overwork to Balance: Practical Steps to Lead with Calm and Confidence

Bullet points about interview:

- The hidden costs of overwork on leadership
- Practical steps to create daily balance
- How to maintain success without self-sacrifice

Journal Prompts:

1. How has overwork affected your personal or professional life, and what “costs” have you noticed?
2. What small adjustments could bring more balance to your day-to-day schedule?
3. Reflect on a time you prioritized success over self-care—what did you learn?
4. How do you currently define “success” and does it include your wellbeing?
5. What is one practice you could implement to maintain success without sacrificing yourself?

Dr. Rick Hanson

Business title: Rick Hanson, PhD

Interview topic/title: Unshakeable Calm, Bold Leadership

Bullet points about interview:

- Practical ways to cultivate calm amid chaos
- Mindfulness and self-compassion for leaders
- Habits for resilience and strength
- Techniques to return to baseline quickly
- Positive neuroplasticity for bold, calm leadership

Journal Prompts:

1. What practices currently help you cultivate calm in the midst of chaos?
2. Reflect on how mindfulness and self-compassion influence your leadership presence.
3. What daily habits build resilience and emotional strength for you?
4. Which technique helps you quickly return to a grounded state after setbacks?
5. How could you practice boldness while maintaining calm and empathy in decision-making?

Tammy Sollenberger

Business title: Psychotherapist

Interview topic/title: Why Am I Not Achieving My Goals? — An IFS Perspective

Bullet points about interview:

- Intro to IFS (Internal Family Systems)
- Why calm can feel dangerous to certain “parts”
- Practical IFS strategies for daily calm
- Common parts in clients with overwhelm

Journal Prompts:

1. How do internal parts or subpersonalities show up in your workday stress?
2. Reflect on why calm might feel “dangerous” in your current environment.
3. What practical actions could help you build calm in your daily routine?
4. How can understanding your internal parts shift your response to overwhelm?
5. Identify one small practice to create more consistent calm in your workday.

Shannyn Schroeder

Business title: Executive Function Coach

Interview topic/title: Self-Regulation to Improve Executive Function in the Workplace

Bullet points about interview:

- Regulation is key to executive function skills
- Dysregulation decreases productivity
- Especially vital for neurodivergent leaders

Journal Prompts:

1. How do you notice dysregulation showing up in your productivity or decision-making?
2. Reflect on the strategies you currently use to self-regulate—are they effective?
3. If neurodivergent, what additional supports help you manage executive function challenges?
4. What practical habit could you integrate to enhance self-regulation daily?
5. How does your ability to self-regulate influence your leadership or creative output?

Diane Nichols

Business title: Systems & Productivity Strategist

Interview topic/title: Your Systems Sanctuary: A Holistic Blueprint to Move Beyond the Hustle

Bullet points about interview:

- Reclaim your “why” by knowing your North Star
- Radical simplification as a tool
- Anchor your energy to protect your spark

Journal Prompts:

1. What is your “North Star” and how does it guide your decisions in work and life?
2. Identify one area of your life where simplification could create more calm and focus.
3. What current practice or habit acts as your energetic anchor?
4. Reflect on how your daily choices either protect or deplete your spark.
5. How can you intentionally align your actions with your deepest purpose this week?

Tammy Vincent

Business title: Founder, Teens Thriving Now

Interview topic/title: ACoA Insights on Overperformance and Professional Boundaries

Bullet points about interview:

- Why ACoA patterns drive overperformance
- The cost of excessive “yes”
- Practical strategies for healthy boundaries

Journal Prompts:

1. How do ACoA patterns show up in your leadership and decision-making?
2. Reflect on the last time you said “yes” too quickly—what was the cost?
3. What boundaries could you establish to protect your energy without guilt?
4. How does saying “no” impact your long-term effectiveness and wellbeing?
5. What is one practical strategy you can implement this week to shift from “yes” to a healthy “no”?

Katie Kozlowski

Business title: Creator of The Shaktibomb Way; Master Energy + Embodiment Coach

Interview topic/title: Embodying Your PowerShift

Bullet points about interview:

- What being in your power feels like
- What had to shift for power to emerge
- How to stay grounded and connected to power

Journal Prompts:

1. When do you feel most in your personal power, and what does it feel like physically and emotionally?

2. Reflect on what you had to let go of to step fully into your power.

3. How do you reconnect to your power on challenging days?

4. What external or internal distractions pull you away from your power?

5. Which daily habits support you in staying grounded in your power?

Eda Hardy

Business title: Subconscious Business Breakthrough Expert

Interview topic/title: Rewire Your Subconscious, Break Your Ceiling & Scale Without Burnout

Bullet points about interview:

- Why success often hides inner struggle
- 8-step Inner Self Mastery™ Protocol
- Transformation stories from coaches and leaders

Journal Prompts:

1. Reflect on a time when your external success did not match your inner peace—what was happening internally?
2. What subconscious “handbrakes” might be holding you back from greater fulfillment?
3. How could addressing your nervous system and subconscious create lasting change?
4. Think of someone you admire—how might inner self-mastery enhance your impact as a leader?
5. What would it look like to break through your own limits, both personally and professionally?

Gaylene Gomez

Business title: Certified Holistic Nutrition Consultant

Interview topic/title: Nourish and Thrive: Time-Saving Nutrition for Busy Women

Bullet points about interview:

- Foods that give steady, lasting energy
- Time-saving meal prep & hacks
- Nutrition to reduce stress & sustain focus

Journal Prompts:

1. How do your current food choices impact your energy, focus, and stress levels?
2. Reflect on your meal prep habits—how could they save time and increase energy?
3. Which nutrition strategies could support better nervous system balance for you?
4. How might your daily meals become a tool for calm and resilience?
5. Identify one small change in your diet to create steady energy throughout the day.

Jessica Przulj

Business title: Habit Stacking Mom

Interview topic/title: Habit Stacking Made Simple

Bullet points about interview:

- Use habits to reduce overwhelm and protect energy
- Micro-habits to start the day grounded
- Mindset shift to make habits stick

Journal Prompts:

1. How could habit stacking simplify your current routines?
2. Identify one micro-habit that could help you start your day grounded and focused.
3. Reflect on a habit that didn't stick—what mindset shift could make it easier?
4. How can small, consistent actions protect your energy throughout the day?
5. What is one habit you can implement this week to reduce overwhelm?

Kate Thierry

Business title: Owner

Interview topic/title: Embodied Leadership: Accessing Body Intelligence in High-Stakes Environments

Bullet points about interview:

- Body intelligence surpasses cognitive mind
- Regulation through somatic awareness
- Discreet energy tools for workplace calm

Journal Prompts:

1. How aware are you of the intelligence in your body, beyond your cognitive mind?
2. Reflect on a situation where tuning into your body could have regulated stress better.
3. Which energy medicine tool could you integrate discreetly during meetings?
4. How can listening to your body's signals improve your leadership presence?
5. What practice will you implement this week to maintain nervous system regulation?

Kelsey Ale

Business title: Audre by Kelsey Ale, NTP

Interview topic/title: Adrenal Reset: Break the Stress Cycle

Bullet points about interview:

- How stress hijacks hormones → fatigue & anxiety
- Daily shifts to restore calm & energy
- Break free from “wired but tired”

Journal Prompts:

1. How does chronic stress show up in your body and mind?
2. Reflect on the daily habits that may contribute to the “wired but tired” cycle.
3. What small daily shifts could restore your calm and energy?
4. How does stress impact your leadership effectiveness, and what can you do differently?
5. Identify one practical strategy this week to break the cycle of fatigue and anxiety.

Laura Sgro

Business title: LCSW

Interview topic/title: From Survival to Safety: Nervous System Regulation for Leaders

Bullet points about interview:

- How nervous system impacts leadership & communication
- Survival responses drive burnout
- Tools to lead from a grounded state

Journal Prompts:

1. How does your nervous system currently respond under stress, and how does it show up in your leadership?

2. Identify a situation where learned survival responses may have fueled burnout—what patterns do you notice?

3. What practical step can you take today to lead from a calmer nervous system?

4. How does understanding your nervous system change the way you approach communication and boundaries?

5. Reflect on one high-stress scenario—how could you respond differently with nervous system awareness?

Alyssa Kathryn

Business title: Identity to Income Strategist

Interview topic/title: Beyond Strategy: The Missing Piece in Women's Leadership Success

Bullet points about interview:

- Why strategy alone can't prevent burnout
- Role of subconscious programming in success
- Align identity, nervous system & strategy

Journal Prompts:

1. Reflect on a time when strategy alone didn't solve a challenge—what else was missing?
2. How does your subconscious programming affect your experience of success?
3. What shifts could align your identity, nervous system, and strategy for easier leadership?
4. How do you currently feel in your leadership—calm, confident, effective?
5. Identify one practice that integrates mind, body, and strategy for better results.

Allene Arnold

Business title:

Owner, KAAWellness LLC

Interview Title:

Real-Life Meal Planning

Bullet points about interview:

- Meal planning prevents stress & food waste
- Common myths about meal planning
- Food as fuel for focus, calm, and energy

Journal Prompts:

1. How does meal planning currently impact your energy and stress levels?
2. Reflect on any misunderstandings you may have about meal planning—how could you correct them?
3. How do your food choices affect your focus and anxiety levels?
4. Identify one simple meal prep strategy to save time and reduce waste.
5. How can nutrition support both your physical and mental wellbeing daily?

Heather McKenzie

Business title

Heather McKenzie, Licensed psychotherapist

Interview Title

How to NAVIGATE emotions Step by Step

Bullet points about your interview:

- Learn from a seasoned therapist: 8 steps to help yourself NAVIGATE any emotion,
- the importance of using the physical body to manage your emotions,
- and how to apply the concept of the Dialectic to your emotions

Journal Prompts:

1. How do you typically respond to strong emotions, and how does your body respond?
2. Reflect on a recent emotional challenge—how could you navigate it using your body?
3. What steps could help you better integrate the Dialectic in understanding your emotions?
4. How might developing an emotional navigation practice improve your leadership?
5. Identify one daily habit that would help you respond to emotions more calmly and intentionally.

Cristina P Simmons

Business Title

Bestselling Author/Speaker/Publisher/Holistic Wellness Coach

Interview Title

C.A.L.M In The Chaos

Bullet points about interview:

- C. A. L.M. Framework
- How creating calm in your life doesn't have to be complicated
- How the framework can be adapted for nearly any situation or age group

Journal Prompts:

1. How can creating calm in your life simplify your leadership or daily decisions?
2. Reflect on which parts of your life could benefit from the C.A.L.M. framework.
3. How can you adapt this framework for your team or family?
4. Identify one small action that would make a noticeable difference in your calm today.
5. How might consistent use of this framework enhance focus, clarity, and wellbeing?

Vanessa Nixon

Business title

Traditional Naturopath

Interview topic/title

Mindful Mornings for Bold Leadership: Reclaim your mornings with intention and watch your leadership thrive

Bullet points about interview:

- Learn practical tools for reducing overwhelm and decision fatigue before the workday even begins.
- Discover ways to reclaim your energy and focus without burnout, even during high-pressure or emotionally demanding days.
- Give yourself permission to lead from a place of inner wisdom and authenticity, rather than hustle and over-extension."

Journal Prompts:

1. How do you currently manage overwhelm at the start of your workday?
2. Identify one small practice that could reclaim your energy before your day begins.
3. Reflect on a time you led from hustle versus calm—what was the difference in outcome?
4. How can you give yourself permission to lead from inner wisdom instead of over-extension?
5. What daily practice would most help you maintain focus and calm in high-pressure situations?

Leah Lynch

Business Title:

Business Owner

Interview Title:

A Flexible Plan That Still Gets Results

Bullet points about interview:

- For moms who feel like every day looks different, how to create a plan that actually sticks.
- The biggest mistake you see women making when they try to balance home, business, and family — and how they can fix it
- If someone only has 8 hours a week to work on their business - process for deciding what actually gets done
- A strategy for handling weeks when life goes completely off the rails, but you still want to make progress
- How to decide when to say no to a good opportunity so you can protect your long-term vision

Journal Prompts:

1. How do you currently structure your day to balance home, work, and family?
2. What is the biggest challenge you face in maintaining consistency, and how can you overcome it?
3. If you had only 8 hours to work on a key project, how would you prioritize tasks?
4. Reflect on a week when plans went off-track—how did you maintain progress
5. How do you decide which opportunities align with your long-term vision versus short-term gains?

Tameeka Leon

Business title

The Goal Success Coach

Interview topic/title

Self-Care and Mindfulness for Goal Success

Bullet points about interview:

- "- Understand Your Cycles
- - Self-Care is a Must-Have, Not a Nice-to-Have
- - Give Yourself Grace"

Journal Prompts:

1. How in tune are you with your natural cycles, and how do they affect your energy and focus?
2. Reflect on your current self-care habits—are they must-haves or optional extras?
3. Where can you give yourself more grace in your work or personal life?
4. Identify a recent day when honoring your cycle would have changed your experience—how?
5. What small self-care ritual could you commit to this week to support your rhythm?

Christine Santos

Business Title:

Podcast Producer

Interview Title:

Leadership Lessons for Business Growth and Podcast Success

Bullet points about interview:

- Calm leadership = presence, clarity, steadiness
- Corporate lessons → entrepreneurial growth
- Supporting clients through overwhelm

Journal Prompts:

1. How do presence, clarity, and steadiness show up in your leadership?
2. Reflect on a moment of overwhelm—how could calm leadership have changed the outcome?
3. Which structures or systems in your work support calm and resilience?
4. How can you help others thrive while maintaining your own calm?
5. What daily practice would help you model calm and composure consistently?

Wendy Johnston

Business Title:

Licensed NLP Life Coach; Owner, B R E A T H E + C A L M

Interview Title:

Have Calm Workdays, All Day. Every Day.

...without adding anything more to your to-do list.

Bullet points about interview:

- Blueprint for long-lasting calm
- Calm as a consistent practice
- Practical steps for near-daily calm
- Calm leadership is bold leadership.

Journal Prompts:

1. How do you currently cultivate calm in your day, and what challenges do you face?
2. Reflect on moments when calm felt fleeting—what disrupted it?
3. What small, consistent practices could help you feel calm nearly all day?
4. How can intervals of rest and activity improve your energy and focus?
5. Identify one habit or ritual this week to reinforce the practice of calm consistently.

