

# Unabashed You

PODCAST & BLOG 



## CONVERSATIONS TO BECOME WHO YOU ALREADY ARE

Do you feel good about how you show up in your life? Do you need encouragement to feel more confident in your own skin? Many people struggle with this.

The *Unabashed You* podcast calls each listener to be who they are, without apology. These conversations will help you think, celebrate who you are, and move you in some way.

EXPAND, BECAUSE YOU'RE ALREADY GOOD ENOUGH.

**+80**

COUNTRIES  
Are listening

**50**

US STATES  
Are listening

**+200**

EPISODES  
And counting



T-BONE RUBE

Performer, New Jersey



MY LINH

Coach, Netherlands



BIJOU LUCAS

Founder Moseka Action  
Project (for Congo), NY



MAGOMED VORAEV

Owner Unique Tours, France



MARCELLA JOHNSON

Founder The Comfort  
Cub, California

## Who is Unabashed You for?

Everyone. We all need to be encouraged, and not to feel so alone. Listen to the episode, read the blog, and be inspired. A new episode drops every Tuesday on the website [unabashedyou.com](http://unabashedyou.com) or Apple, Spotify, Google Play, and Audible. Because you matter, everyone does.

## Anatomy of an Episode

It starts with a conversation. An extraordinary person, someone like you or me, is the guest. We talk, share our stories, challenge each other with action, and celebrate our victories. We get to know the guest with playful, insightful questions. Then it's the deeper dive into something the guest is passionate about. The talk goes from there. Sometimes there are series that center around a particular theme.

THE PLACES: [Email](#) [UY Website](#) [Instagram](#) [Facebook](#) [YouTube](#)

MEDIA: [Shout-Out So Cal](#) [SD Voyager](#) [Bold Journey](#) [Canvas Rebel](#)

## In Their Words

*We so often hear interviews with celebrities but that are SO many people who have interesting and compelling stories that don't ever get to be shared. Unabashed You explores the stories of those who live these extraordinary lives but you've probably never heard of them. Wisdom, laughs and compassion. Give this a listen. It's refreshing.* - Mr. Blurg (Audible)

*Rechelle has such a beautiful heart for life. I love the diversity in her guests and that all of them are relatable in real life and real emotion. I feel inspired with every episode and I so enjoy her unique and fun questions. This is a podcast I do not want to miss. I love it!* - Isha Inspired (Apple)

*This was amazing! Thanks so much for the honor. It was very easy talking to you, loved it!* - Al Coda, guest (Email)



MARK SPARROW

Singer, New York



KATHRYN INMAN

Author, California



THOMAS MCBEE

Real Estate Agent,  
La Jolla

## RECHELLE CONDE-NAU

### Creative, Organized, Excels

*Podcaster | Blogger* - Unabashed You

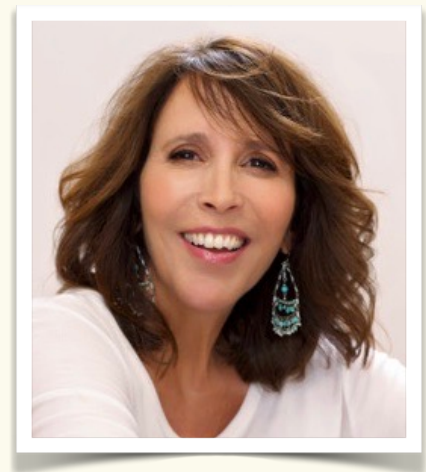
*Program Director* - created and developed performing arts for children, 15 years throughout San Diego County

*Classroom Teacher* - grades K - 8th in SD

*Performances* - wrote, acted and directed on a small scale

*Workshops* - created and led various kinds

*Author* - Standing Tall a Collection of Mourning



**Each guest leaves the UY conversation feeling joyous, fulfilled - unabashed.**