



Leadership Podcasts

On the [HelloHealth Today](#) podcast, Dr. Carmen Mohan interviews leading executives about their wellness journeys. Below you will find podcasts that are directly related to leadership.

1. [“I’m looking forward to practicing medicine in a way I’ve always imagined.’ Interview with Dr. Mukti Kanji”](#) (January 2020)
2. [“This cannot be happening to me.’ Interview with Dr. Jurine Owen”](#) (January 2020)
3. [“I didn’t stop. I just kept going and going and going . . .’ Interview with Maria Yu”](#) (March 2020)
4. [“Mothering and Doctoring during COVID-19 – Interview with Kirsten Bendeck”](#) (April 2020)
5. [“I can do hard things.’ Facing hard decisions in corporate America – Interview with Sanchia Patrick”](#) (May 2020)
6. [“Self-Care, Health, Beauty, and Business – Interview with Jen Burch”](#) (May 2020)
7. [“My purpose in life is to bring people together.’ Interview with Tes Sobomehin Marshall”](#) (May 2020)
8. [“Running through Fire – Interview with Elinor Fish”](#) (June 2020)
9. [“Becoming Comfortable with Uncertainty – Interview with Tiffany Dupont”](#) (August 2020)
10. [“Recognizing Chronic Burnout – Interview with Dr. Kristen L. Prewitt”](#) (October 2020)
11. [“The Personal Toll of Leadership: Recognizing the Symptoms of Anxiety – Interview with Meagan Davies”](#) (January 2021)
12. [“The Power of Women Supporting Women – Interview with Eileen Lee”](#) (January 2021)
13. [“Self-Care for Professional Women – Interview with Marcie Dickson”](#) (February 2021)
14. [“Healthy Competition: Compete for Who Can Be More Positive – Interview with Tes Sobomehin Marshall”](#) (February 2021)
15. [“Newsworthy: What It’s Like to Make the News – Interview with Condace Pressley”](#) (February 2021)

16. ["Journey to Health – Interview with Dr. Marni A. Brown"](#) (March 2021)
17. ["Moms Making It Together – Interview with Deanna Anderson"](#) (March 2021)
18. ["Resilience and Justice Work – Interview with Staci Fox"](#) (April 2021)
19. ["Mindfulness as a Mindset – Interview with Dr. Heather Koth"](#) (April 2021)
20. ["Working Moms: Is Family the Real Glass Ceiling?"](#) Meagan Davies, MS, NCC (April 2021)
21. ["Leading with Curiosity – Interview with Rissa Reddan"](#) (May 2021)
22. ["Mission-Driven Leadership – Interview with Blythe Robinson"](#) (May 2021)
23. ["Finding Your Voice – Interview with Mandy Mahoney"](#) (May 2021)
24. ["The Joy of Thriving While Black – Interview with Charisse Williams"](#) (June 2021)
25. ["How to Grow and Scale Your Business with Less Stress Using the Currency of Joy – Interview with Shani Godwin"](#) (June 2021)
26. ["Being a Healer and Being Healed – Interview with Dr. Daniela Espino"](#) (June 2021)
27. ["Finding Inspiration – Interview with Deirdra Glover"](#) (July 2021)
28. ["Bee the Change You Want to See – Interview with Bee Nguyen"](#) (July 2021)
29. ["Pandemic Best – Interview with Dr. Kimberly Manning"](#) (October 2021)
30. ["HelloHealth Interview – Jessica Bertsch"](#) (November 2021)
31. ["HelloHealth Interview – Natosha Reid Rice"](#) (November 2021)

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