



*This series is all about showcasing Libsyn podcasters. Its sole purpose is to introduce these awesome podcasts to the world as well as share their podcasting insight to empower the community!*

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## Q & A with Diane from Balanced Living For Busy Professionals

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### When did you start podcasting?

Nov 27, 2015

### Why did you start podcasting?

Too many busy professionals are stuck in the busyness of life and their health and well-being has suffered.

Balanced Living for Busy Professionals podcast was created to help them break habits and patterns keeping them stuck so that they can create the life they truly love even with the busiest schedule.

### What's your show about?

Balanced Living for Busy Professionals is about helping busy professionals create the life they want from the inside out with tools and strategies to a healthier, balanced life.

### What's your podcasting set-up? Hardware, software, CMS, etc.

WordPress, Libsyn, iTunes, Audacity, Skype call recorder

### How have you promoted your podcast?

Facebook, radio broadcasting, blog, newsletter, word of mouth

## What do you know now that you wish you knew when you started?

I am learning all of the time, podcasting is new to me and I am happy to be doing something different, something new. I love new adventures!

*Are you looking for a little bit more balance in your life? Well...what are you waiting for! [Subscribe](#) to *Balanced Living For Busy Professionals!* And if you wanna take little steps, why not connect with Diane and the podcast via [Twitter](#) or [Facebook](#)*

**If you're seeing society, and sensing something is needed, why not start a podcast! Let your voice be heard and be of service. We would love to host your podcast, so you can do your thing.**

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