

David Trotter

is the host of **Inspiration Rising**, a podcast dedicated to inspiring women (and the men who support them) to rise up in life, love, and leadership. For over 25 years, he's helped people get unstuck, clarify their goals, and take their lives to the next level through his leadership, speaking, books, and filmmaking. After a decade in non-profit leadership, David has spent the last eleven years running a successful marketing business, producing/directing four award-winning feature films, and creating resources to make a positive impact on important social issues. David and his wife, Laura, have been married for 25 years and live with their two almost-grown children in southern California. For more information, visit www.insporising.com.



Podcast Interview Topics: David is passionate about providing listeners with valuable content interwoven with humorous life stories that leave people feeling inspired and better equipped to engage their everyday lives. He is available to be interviewed remotely on any of the topics below as well as provide interview questions to the podcaster and a freebie link to your audience.

Discover the Power of Your Past Through a Life Map

- Understand the value of looking back in order to launch forward.
- Experience a powerful, yet short meditation that walks you from your birth to the current moment in time.
- Using a simple pdf template, learn how to map the highs and lows of your life.
- Discover how to find continuity in your life experiences in order to recreate the highs and avoid the lows.

Winning in the Courtroom of Your Mind

- Identify the lies that you believe about yourself, others, the world in general, and the divine.
- Replace the lies with the truth of your true identity.
- Back up the truth with corroborating evidence.
- Anticipate a positive result.

Five Questions to Launch Your Life

- Recognize that life dissatisfaction is a result of living an unintentional life.
- Learn the five questions that David has been asking himself since his own rock bottom experience 11 years ago.
- Who am I? (identity), What do I want? (vision), What truths will keep me focused? (mental game), How will I take action? (goals/strategy), and Who will walk with me? (community)

Two Keys to Unlock Your Happiness

- Recognize the self-soothing behaviors we use in order to feel temporary relief in our lives.
- Discover two powerful tools - thankfulness for what I have and intentional growth toward what I want.
- Understand what happens if we only focus on one of the two keys.
- Develop a daily ritual that helps reinforce both keys in our lives.

What Will People Say About You?

- Reflect on what's most important in your life by considering your future epitaph and obituary.
- Experience a powerful, yet short meditation walking you from your memorial service back to the current moment in time.
- Consider the life you are creating based on what you want to be known for.
- Learn to make decisions that align with what you want people to say about you when you're gone.

Guests Interviewed by David



Rachel Pedersen
Social Media United
rachelpederson.com



Crystal Paine
Money Saving Mom
moneysavingmom.com



Carin Rockind
Purpose Girl
purposegirl.com



Sara Wilson
SW Projects
swprojects.co



Michelle Coops
Be A Brand Rebel
beabrandrebel.com



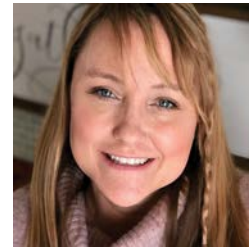
Hilary Johnson
Hatch Tribe
hatchtribe.com



Michele Dickinson
Author
breakingintomylife.com



Alison Lumbatis
Get Your Pretty On
getyourprettyon.com



Lindsay Eidahl
My Creative Days
mycreativedays.com



Desirae Endres
Podcaster
desiraeendres.com



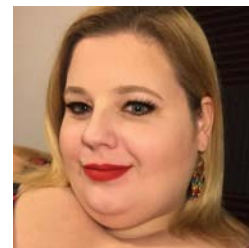
Stacey Robbins
Author & Coach
staceyrobbins.com



Deirdre Fitzpatrick
KCRA 3 News Anchor
kcra.com



Mackenzie Koppa
Podcaster
cultivatingthelovely.com



Rebecca Bedford
Being An SBBW
beingansbbw.com



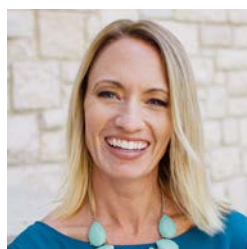
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Dressember
dressember.com



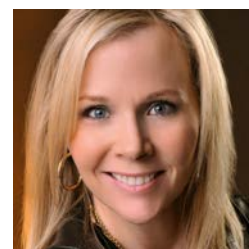
Teri Cole
Real Love Revolution
tericole.com



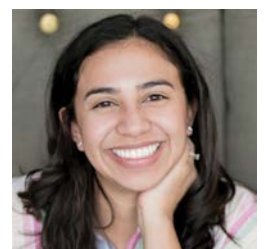
Maria Rabaino
Professional Dancer
rollettesdance.com



Lisa Cummings
Lead Through Strengths
leadthroughstrengths.com



Dr. Shannon Gulbranson
Healing Life Coach
doctorshannon.com



Bailey T. Hurley
Author
baileythurley.com



Alison Lumbatis

Get Your Pretty On
getyourprettyon.com

"Thank you so much for having me as a guest! Your affable interview style is such a breath of fresh air, and I'm not even sure how you did it but you drew out that one embarrassing story that I'd never told before. Thanks for being such a supporter and advocate of female entrepreneurs! We are blessed to have you."



Stacey Robbins

Author & Coach
staceyrobbins.com

"When I want someone who I can bring my professional or personal endeavors to...who I know is going to listen with care and share not only practical and effective action steps, but also a reminder of my greatness and purpose in the world, I call on my friend David Trotter. He knows how to listen compassionately and reflect back to you your purpose and the best ways to activate that in your life, starting now. Anyone who is fortunate enough to find themselves in the care, coaching, and coursework of David, is in for a wonderful adventure of moving their life and dreams forward into a new reality."



Lindsay Eidahl

My Creative Days
mycreativedays.com

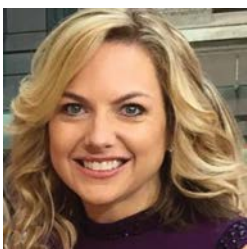
"Coming on the show was so much fun! David made the conversation easy and asked great questions. The podcast interview was a new option I was able to share with my audience as well. They can find me on my website and across all of my social channels, but to get to hear me in a long conversation about something I am passionate about and love to talk about was something they really enjoyed. Inspiration Rising was the first podcast I have done , and I can't wait to do my next one!"



Hilary Johnson

Hatch Tribe
hatchtribe.com

"I had a wonderful time connecting with David on the Inspiration Rising podcast. David's interview was well-prepared and thoughtful which paved the way for a fun and interesting exploration of topics that I speak about regularly. I encourage you to give the show a listen. He has a real gift for pulling insightful nuggets out of his guests!"



Deirdre Fitzpatrick

KCRA 3 News Anchor
kcra.com

"I was interviewed by David to inspire others, but I was the one who came away motivated and fired up after the conversation! David has a unique way helping listeners and guests see their life with fresh eyes."