

# DON'T CUT YOUR OWN BANGS

*The podcast remedy to comparison and feeling like everyone has it figured out but you.*

This podcast is a place for people who want to do something that scares them, want to learn from others, and laugh along the way!

- **Covered Topics:** Connection / Overcoming fear / Trusting yourself
- **Takeaways:** They're not alone / Mistakes happen / Anything is possible

## PODCAST INTERVIEW: WHAT TO EXPECT

The podcast interview is a conversation with purpose-driven entrepreneurs, business owners, and leaders about:

1. *What inspired them to do what they do?*
2. *Where was it challenging & where did they struggle?*
3. *How did they overcome it & what did they learn?*

Every episode ends with a "Don't Cut Your Own Bangs" moment, a short story where the featured guest made a mistake, or was thrown a curve ball, and learned something about themselves in the process of figuring it out.



### ABOUT DANIELLE

Like many of us, Danielle has caught herself comparing her successes to others over-filtered highlights on social media. Inspired by her transition from a ballroom dance instructor to a therapist and public speaker, Danielle was hungry for real stories about what happened in-between those before-and-after stories, the messy middle. So, she made a podcast about it!

## PODCAST STATS

[danielleireland.com/podcast](https://danielleireland.com/podcast)



Interviews: 45-60+min

Solo-Casts: 15-30+min



18,000+ Downloads\*

Over 180 Episodes

70% Women Listeners

USA (24 States) + 10 other countries



*I look forward to each season more and more. Sometimes I listen to them more than once because I'm afraid there was something I missed. It's just so good!*

- LAUREN CAMPAGNA -

\*Statistics as of April 2024

Danielle  
IRELAND

# MEDIA KIT

See Danielle on air with FOX 59's hit daytime talkshow *IndyNOW TV*.

## LINKS:

[Out of the Box Ways to Approach Problem Solving](#)

[Stress Reduction Tips](#)

[The Positive Impact of Celebrations](#)

*Read Danielle's featured publications and community highlights*

## FEATURED ARTICLES:

[How to fall back in love with yourself - Indy Maven](#)

[What you need to know about seasonal affective disorder - Indy Maven](#)

## HIGHLIGHTS:

[Indiana Women of Podcasts - CityMoms](#)

[Best of Indianapolis: Culture \(Top Indy Podcast\)](#)



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# DOWNLOAD LINKS

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## SOCIAL MEDIA LINKS

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## DANIELLE'S BIO:

Prior to her work as a therapist, Danielle Ireland MSW, LCSW, worked as a performer and ballroom dance instructor. Her journey from performer to therapist wasn't a clearly defined path, but rather a sweaty, awkward, and exhilarating process of step, stumble, fear, learn, repeat. She believes that when we see the best in ourselves, we bring out the best in others.

She's also the creator of the Overachiever Spiral Program, the Unleashing You Relationship Course, author of the Treasured Journal, and host of the podcast, Don't Cut Your Own Bangs - the remedy to comparison and feeling like everyone has it figured out but you.



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## PODCAST LINKS

[Don't Cut Your Own Bangs](#)

[Podcast Logo PNG](#)



[Apple Podcast](#)

[Spotify](#)

[Podcast One-sheet](#)

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