




# Nōetic

*with*

**JARED ANGAZA**





The Noetic podcast is for seekers, thinkers, and doers that  
care deeply about the vitality of humanity and our planet.

Join us we hold space for an open conversation about wonder, wisdom, and culture.

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# TECHNICAL INFORMATION

## Preparation

Please send me the following items within 5 days of scheduling the podcast conversation. This will elevate the ease and quality of our conversation.

- A 50 - 100 word bio of yourself.
- Links to the websites and/or products you want to promote.
- Your best headshot, at least 600 x 600 px.
- Please connect with me on Skype at least 1 day prior to our conversation.
- If possible, I prefer to conduct the call with video. It allows us to connect more deeply and to read each other's body language. The video will be dumped after recording. This is not mandatory, especially if connectivity or bandwidth is an issue. If you are not able to do video, just let me know.
- If there is a particular topic, story, product, event, service or otherwise that you really want to discuss and promote on the show, please let me know. Let's talk about what's most relevant and exciting to you right now.

**SKYPE** JAREDANGAZA

**EMAIL** [JARED@JAREDANGAZA.COM](mailto:JARED@JAREDANGAZA.COM)



# QUALITY ASSURANCE

## Audio

Your story is important. We want to hear it loud and clear. Your built in laptop or desktop microphone will not provide sufficient sound quality.

// Please use an external mic, or mic/headset combo.

// Limit as much external noise as possible.

// iPhone ear buds provide a significant improvement.

## Connectivity

It's imperative that you have an excellent high speed internet connection. If you are in an area where you cannot ensure quality connectivity, please let me know ahead of time so we can try and accommodate.

## Environment

Please situate yourself in a quiet place where disruptive noise will not be caught in the recording. Also, try and limit any potential distractions so you can focus and fully immerse yourself in the discussion.

// Silence your phone.

// Set your computer on “do not disturb” if using a Mac.

// Limit potential distractions as much as possible.

// Ensure you will not be interrupted.



# CONVERSATION FLOW

## Preparation

**Don't consider this an interview.** This is meant to be a personal conversation, between people that “care deeply about the vitality of humanity and our planet”. It should be flowing and authentic.

**This is a sacred space we are holding.** Before we begin, you may want to spend a few minutes connecting with your breath, meditating and/or centering your mind.

**Prepare for the big questions.** I tend to dive into some pretty deep questions, like “who are you” and “why are you here”. I'll also ask some deeply personal questions about your journey and ethos.

Please take some time to contemplate some of the questions I've listed on the following page, just so you're prepared to articulate your truth, passion, and authenticity. There will be other questions that come up organically as your story unfolds, and we will allow space for the conversation to flow and evolve. We will prioritize flow over completion of all the questions.

## Connecting & Beginning

We will begin our call at the scheduled time. Then we'll take 5 - 10 minutes to do a **sound check**, to **prepare our minds**, and **connect**.

I will create the intro to our episode after we record. This will give me a chance to reflect and recap the conversation for the audience. This is also where I will share your more formal bio. I will not do that live in our conversation.

Once we've handled the technical setup and connected emotionally, we'll start directly into the conversation, beginning with me welcoming you to the show, and asking you to share a bit more of the personal side of your life, above and beyond your vocation.

**If you make a mistake or stumble, just pause and say it again. I'll edit it out, no worries. It's more important to just keep the flow going.**



# Q & A

I'm interested in your story, what inspires you and what you want to amplify to the world.

If you have a specific product, such as a book, film, event, etc. you are promoting, we will focus the conversation on articulating the essence of that. For conversations that are generally about your story, we will use the following questions as a framework. We'll always follow the flow as our guide, but this provides you some idea of the type of questions to expect.

## Sample Questions

// Who are your gurus? I think you can learn a lot about someone by understanding who they think is important enough to follow and emulate.

// Who or what would you consider to be your biggest influence or inspiration? It could be a person, experience or just a profound moment in time.

// What are you committed to cause?

// Describe your ethos and how it drives you.

// An important element to this show is helping people come into alignment with nature, humanity and Spirit. Describe some of your thoughts and practices that help you come into alignment with these elements.

// Where do you experience wonder most often in your life? What's your relationship with it?

// What helps you to feel fully alive and in the flow of the universe?

// We talk a lot about consciousness, which implies that we are to become fully alive, fully awake. What does consciousness mean to you? What should we be waking up to, realizing and embracing?

// What teaching, "way", culture, or practice has had a profound impact on your perspective? What was the message that spoke to you?

// What is the impact you intend to make through your influence?

// What is one piece of advice, quote, or inspiration you would like to impart to us?





**“Somewhere, something incredible is waiting to be known.”**

Carl Sagan

I’m honored to have had this opportunity to connect with you, to amplify your story, and to hold a sacred space together. Thank you for who you are, and for sharing your gifts with the world.

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