

# An Expert Guest For Your Podcast



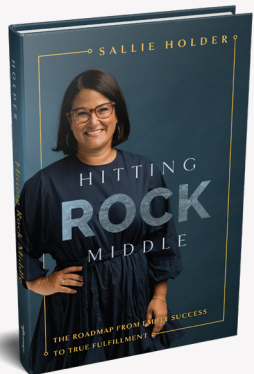
Sallie Holder

Business Coach,  
Bestselling Author  
& Company  
Founder



Sallie Holder, acclaimed bestselling author of "Hitting Rock Middle: The Roadmap From Empty Success To True Fulfillment" (Advantage 2020), podcast host, and founder of The BRIMM. She is a sought after coach, speaker, trainer, and guide to her clients breaking out of their silent scream in success and into true fulfillment.

As a nationally-recognized public speaker and business coach, Sallie has spent more than fifteen years helping businesses, entrepreneurs, and employees identify what's getting in their way and then breaking down those barriers to success.



Sallie earned a degree in Human and Organizational Development from Vanderbilt University and followed that by earning her law degree. While spending more than ten years practicing labor and employment law, advising small companies as well as giants like FedEx and Michelin, she grew passionate about the growth of businesses. Moving beyond her law practice, she became an entrepreneur, starting her own business in coaching. Here she discovered her true passion: helping others make the bold choices that lead to lasting success and happiness.

## SUGGESTED INTERVIEW QUESTIONS

- What is rock middle?
- How does this happen?
- When do you know you are stuck in rock middle?
- How do you get out?
- What is the biggest takeaway?

## SUGGESTED INTERVIEW TOPICS

- 10 Energy Leaks You Need To Plug Right Now To Get Your Life Back On Track
- 5 Reasons We Wait For Permission To Do What We Really Want
- 12 Questions To Ask Yourself When You Feel Stuck And Need A Professional Breakthrough
- 5 Surefire Signs You Have Hit Rock Middle (If you feel like you have it all and hate it)
- 5 Step Framework To Rebuild Your Life (Even When You Feel Stuck And Confused)

