

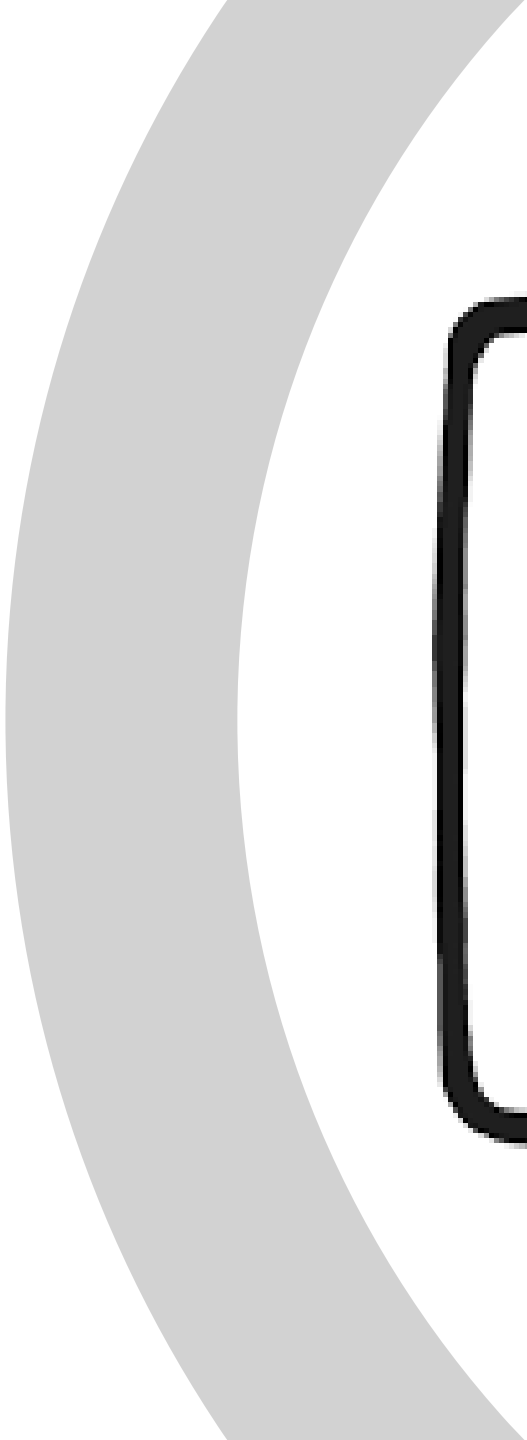
A professional podcasting studio setup. Two large condenser microphones on boom arms are positioned on a wooden desk. A pair of headphones lies on the desk in the foreground. In the background, there are computer monitors and a brick wall. The entire scene is overlaid with a semi-transparent dark blue filter and a white rectangular border.

PODCASTING

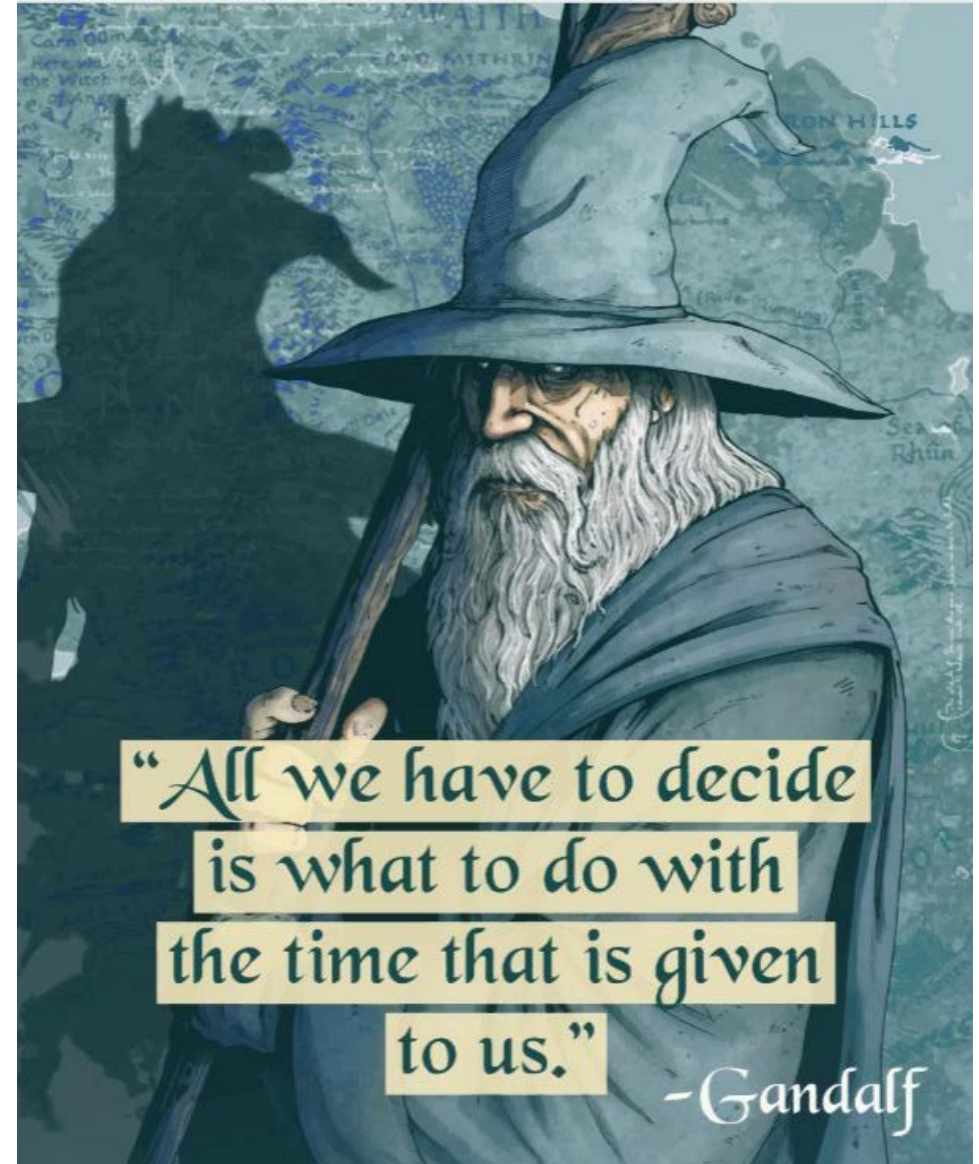
Frédéric De Schepper



A LITTLE BIT
ABOUT
me...

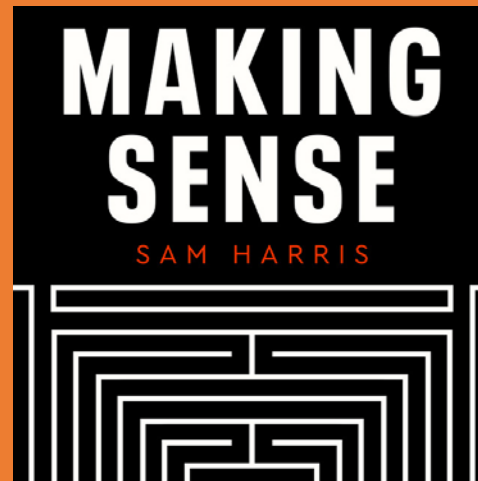
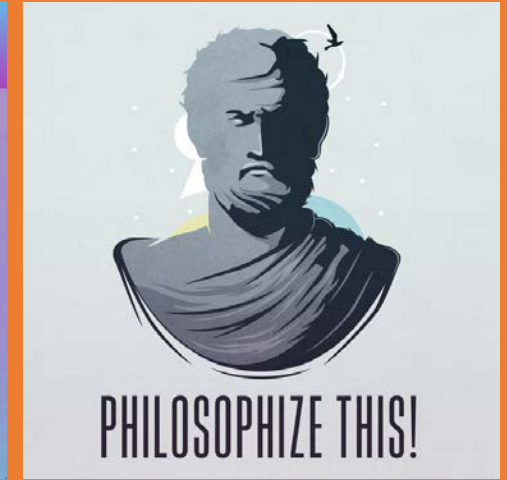


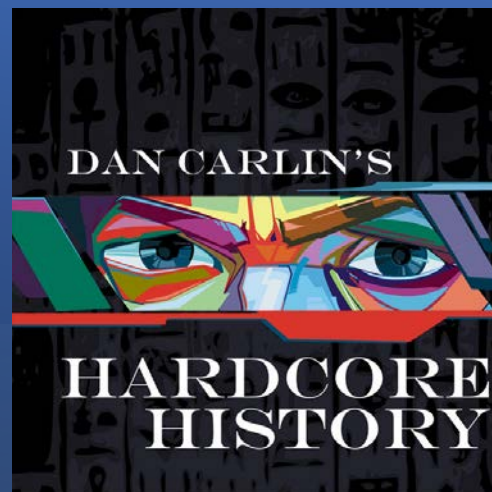
ABOUT TIME



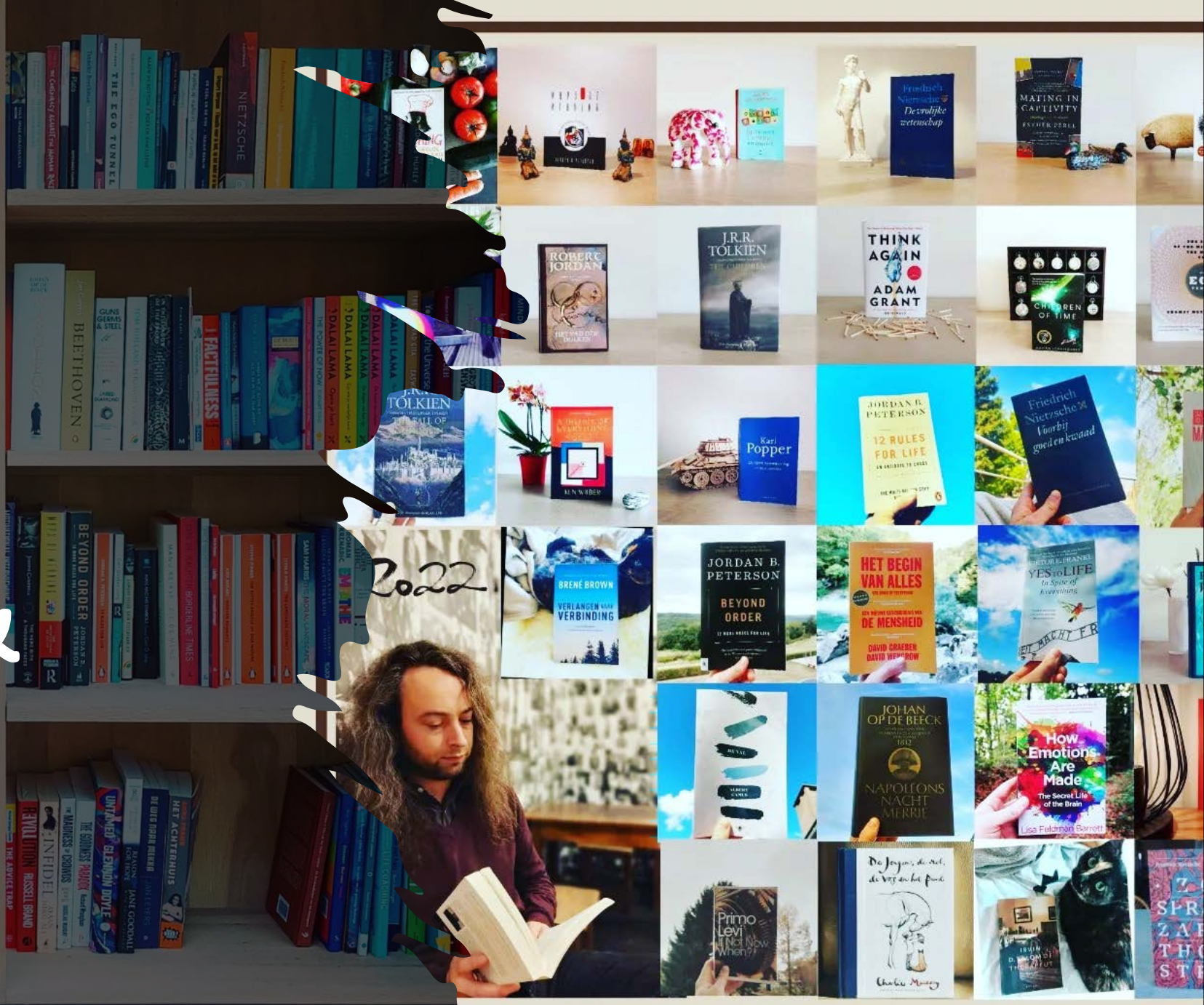
“All we have to decide
is what to do with
the time that is given
to us.”

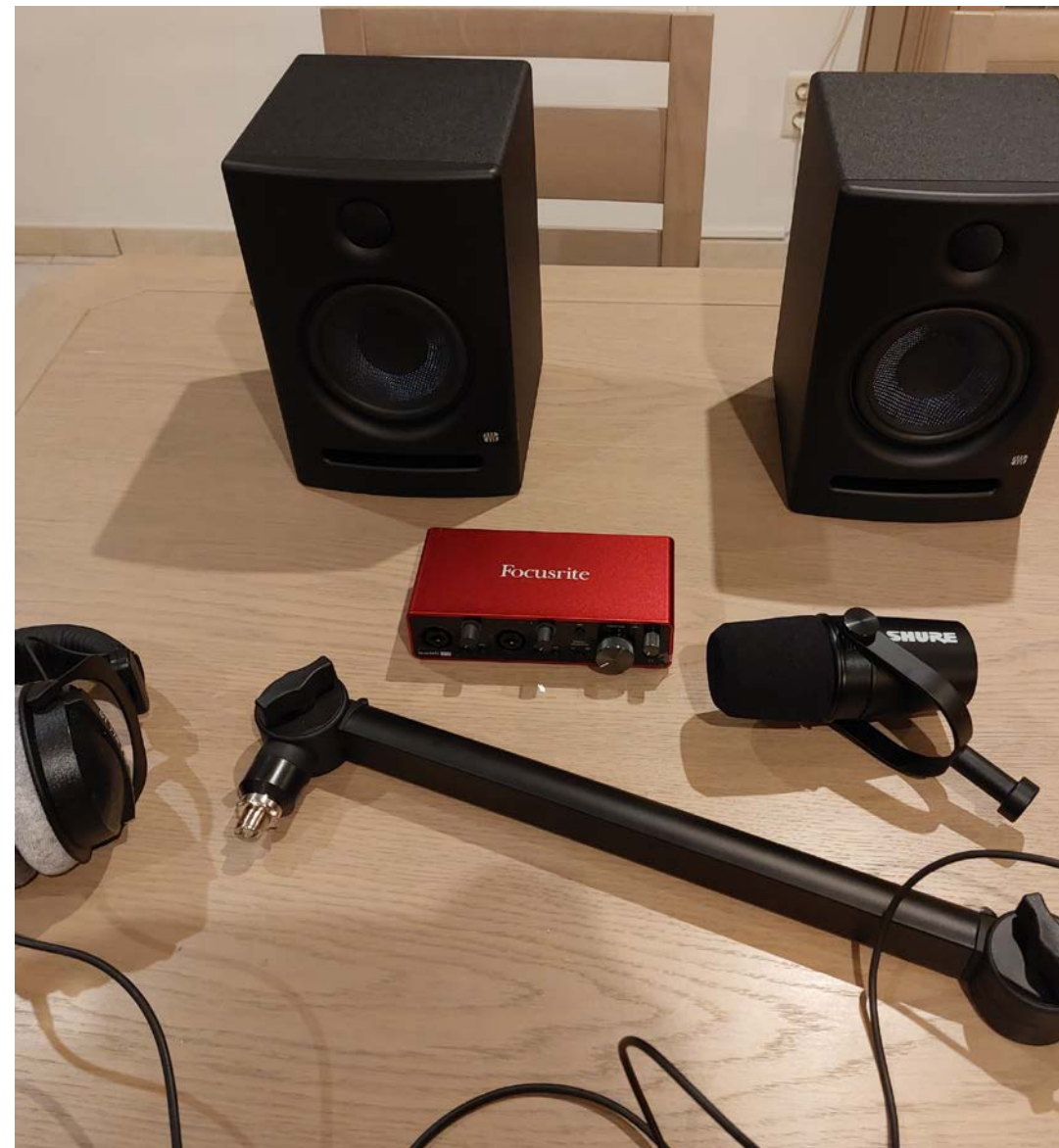
-Gandalf

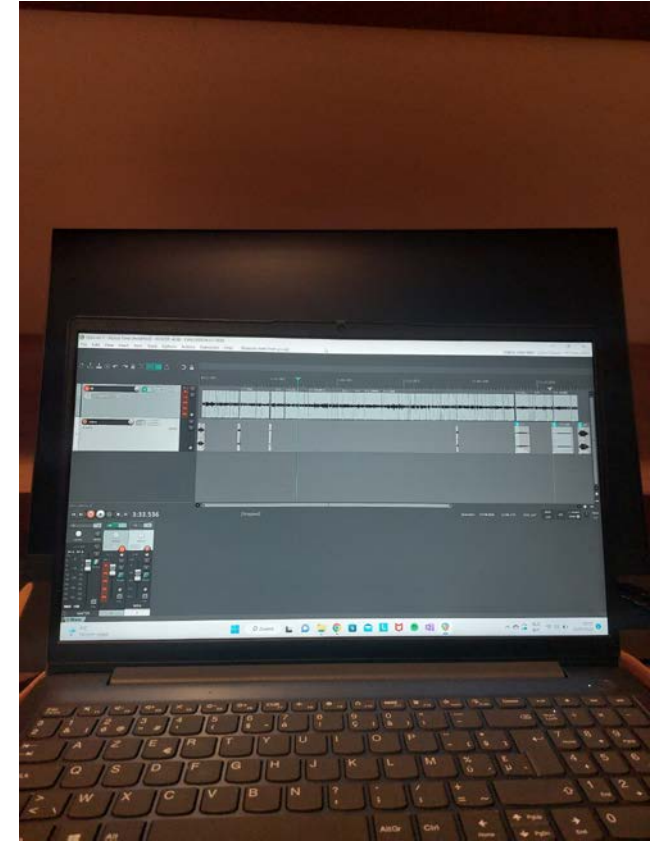




A background image of a bookshelf filled with various books, overlaid with the text "Reading is learning, inspiring & relaxing." The text is in a large, white, sans-serif font, centered on the image. The bookshelf is filled with books of various colors and sizes, creating a textured background. The text is the primary focus, with the bookshelf serving as a thematic backdrop.







Recording!

THE
ABOUT TIME
PODCAST

AFLEVERING 1
WELKOM

MET FRÉDÉRIC DE SCHEPPER



THE
ABOUT TIME
PODCAST

AFLEVERING
TIME MANAGEMENT

MET FRÉDÉRIC DE SCHEPPER



THE
ABOUT TIME
PODCAST

AFLEVERING 3
COMMUNICATIE:
WAAR LOOPT HET MIS?

MET FRÉDÉRIC DE SCHEPPER



First 3 episodes... so far.

My personal growth

- ✓ Preparation is key
- ✓ ≠ training: no dialogue / no feedback
- ✓ Forced to focus ideas and create a coherent story
- ✓ Storytelling: start – middle part - end/ call to action / problem - solution
- ✓ The vulnerability of releasing your own voice.
- ✓ Audio: Technical info on Youtube
- ✓ Feedback from friends & colleagues



A professional podcasting studio setup. In the foreground, a wooden desk holds two large, black, professional microphones mounted on boom arms. Two pairs of black over-ear headphones are also on the desk. In the background, a computer monitor is visible on another desk, and a window looks out onto a brick wall. The scene is dimly lit, with a warm, focused light on the equipment.

How can podcasting be
used in corporations?



Sharing successes (and lessons learned)

Involving everyone – breaking silos

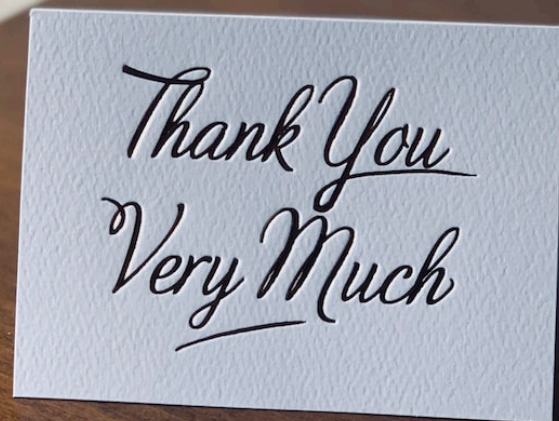
Transition from mission, strategy, values, culture,... to the behavior & results we want to see

No screen: not stuck behind a desk (where the mailbox is lurking). Available at any time.

Public? Show the world, your stakeholders, customers, potential candidates,... who you are and what you do.

Continuous content instead of one-shot communication





THE ABOUT TIME PODCAST

FRÉDÉRIC DE SCHEPPER



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[@abouttimecoaching](https://www.instagram.com/abouttimecoaching)