Rebirth of Soul Radio Guest Information Package

Questions? admin@tamigaines.com or 973.797.9099
www.tamigaines.com
About Rebirth of Soul Radio

Rebirth of Soul radio helps women find the light in their darkest moments by giving them tools to rebirth the soul of every difficult experience. Together, we find the seeds to plant so our listeners don’t just go through their challenges – they grow through them.

Tami Gaines, the host of Rebirth of Soul radio, has proven how individuals and business owners can achieve success from the inside out. She has been widely recognized as an expert and visionary among national media like The Wall Street Journal and has built an impressive client list that has included The Marriott, Bank of America and The Commonwealth of Virginia. With an M.B.A. from Columbia University and 25 years as an entrepreneur and executive, Tami could not have foreseen the events that would take her from the board room to the hospital room.

Tami believes that our will is a renewable resource and it is by sheer will that she was able to thrive during the most difficult five months of her life during which she found herself: Unexpectedly pregnant with twins; Suddenly single after nearly 12 years of marriage because of the decision to keep them; Confined to a hospital bed for 5 weeks in an effort to maintain the pregnancy; and losing both grandmothers (one just days after the birth of her twins) and her 14-year-old dog during this same period of time.

And then an experienced mother in a new reality, fluctuating between prayer and advocacy for the health of her premature twins, born at only 25 weeks, weighing just over a pound and a half each. Her daughter spent nearly 4 months in the intensive care unit before coming home. Her son spent 18 months in intensive care units and a rehabilitation facility before finally coming home, medical technology-dependent yet self-reliant. The twins joined their older sister and brother in a home that had to be spiritually gutted and rebuilt to allow space for forgiveness of and gratitude for the experience so that they could live from a place of faith and self-love.

Tami has used the lessons of her personal and professional journeys to restore her power and gain wholeness again. She expresses her truth in the way she gives context to experiences, takes action, makes decisions, in the people she chooses to surround herself with and the energy that she gives out and lets in. Her radio show will be one that empowers people to live their greatest lives, despite any challenge facing them.

Both practical and inspirational, Rebirth of Soul radio revolutionizes the way people experience unexpected crises. Tami returns power to those who feel powerless as they go through their challenges by reminding them that “the context that we give our experiences is ultimately our defining story.”

Listen to Rebirth of Soul radio live on Wednesdays, 10:00am-11:00am EST on www.tamigaines.com and the replays on iHeartRadio.com.
Rebirth of Soul Radio Show Details

Thank you for agreeing to be our guest on Rebirth of Soul radio! Here are the details:

**Time & Day:** Wednesday, 10:00am-10:50am Eastern Standard Time

**Joining Us:** Download and install Skype if you don’t already have it. Sign up for a free account. Add “W4WNRadioGuest” as a contact on Skype and Skype in at 9:55am EST.

Your followers can listen live at [www.tamigaines.com](http://www.tamigaines.com) and click on “Radio Show” on the menu bar.

Encourage your followers to interact with you during the show! They can:

- Call in: 561-422-4365
- Skype in: w4wnradioguest
- Chat live: [www.w4wn.com](http://www.w4wn.com) and go to the chat area at the bottom of the screen

**For Your Time...**

As a “thank you” for being a guest on our show, you will receive promotion before, during and after the show via our social networks, email blasts and partners. You will be able to access the replay of the show for promotional purposes by going to iHeartRadio. You can access all episodes at [http://www.iheart.com/show/24935904/](http://www.iheart.com/show/24935904/). Be sure to encourage your audience to “like, comment and share” your episode so you can get your share of the 50 million listeners on iHeartRadio!

Our guests who gain the most benefit from appearing on Rebirth of Soul radio, advertise on the show and on the host’s website, [www.tamigaines.com](http://www.tamigaines.com). Guests who want to advertise receive special discounted pricing as follows:

- **30 spot on Rebirth of Soul radio during the show** for just $250. Keep in mind that your spot will be played live during your show AND it will be on [www.tamigaines.com](http://www.tamigaines.com) and iHeart radio indefinitely – heard every time one of their 50 million audience members listens to the replay.
- **A banner ad on [www.tamigaines.com](http://www.tamigaines.com)** for 4 weeks for just $100 (300x300 pixels) or $50 (150x150). *If you need a banner ad created, our marketing team can do so for a nominal fee.*
Help Us Help You!

Please support us in promoting your appearance. Do some or all of the following:

- Tweet about it! Be sure to include @tamicgaines in the tweet and use #rebirth of soul.
- Post on Facebook. Share your post on my Facebook page! www.facebook.com/tami.gaines
- Post on LinkedIn
- Let your email lists know about your appearance on Rebirth of Soul radio
- Post and tweet the replay of the show available on iHeartRadio at http://www.iheart.com/show/24935904/
- Send out the replay link to your email lists

We know you have equally powerful women in your network. Make an introduction to anyone who you think would be a great guest. Sponsorships are available and referral fees are paid! admin@tamigaines.com
Rebirth of Soul Radio Questions

You’ve been asked to be a guest on Rebirth of Soul radio because of your powerful story of overcoming life challenges and growing through that experience. We honored by your willingness to share that story transparently and authentically with our audience.

As our host, Tami Gaines, explores your story, she may ask you questions related to the Rebirth of Soul process so that the audience can continue to learn and use the process in their own lives. These questions will generally follow the following format:

I. Background/Set the Stage
   • Tell us your story:
     o A bit of background so that we can fully understand what you were/are dealing with
     o What was the challenge that you had to overcome?
     o Where are you now?
   • What was the basic challenge that you were dealing with?
   • Does this challenge still present a struggle for you or are you still aware of it? If so, how?

II. Preparation Phase
   • At what point did you begin to have clarity about your situation? Did something happen to give you that clarity?
   • What story were you telling yourself that you had to let go of?
   • In what way(s) did you surrender to your circumstance?

III. Purge Phase
   • What things did you recognize that were bad for you?
   • How did you let go of them?
   • Was there anyone you had to forgive?

IV. Produce Phase
   • Did you create a vision for yourself? For what your life would look like on the other side of this challenge?
   • How did you find your personal power?

V. Paradise Phase
   • What new habits did you have to introduce into your life to reach the “other side”?
   • How do you reinforce them?
   • Do you ever “fall off the wagon” and go back to that place that you worked so hard to leave behind?
   • What do you do to take care of yourself mentally, physically, spiritually and emotionally?

VI. Wrap-Up
   • How do you celebrate your victories?
   • How do you stay loyal to your journey?
   • What were the 3 things you learned from this experience that have shaped your life?
   • How are you bringing your vision/mission/purpose to life?
The Rebirth of Soul Process

Through workshops, information products, blogs, her website and, now The Rebirth of Soul radio show, Tami Gaines teaches women how to use her proprietary process to grow through their challenges, not just go through them.

The Rebirth of Soul Process is a four-phase approach to dealing with life’s challenges.

The Preparation Phase:

The preparation phase is the point when you accept our circumstances and begin to go outside of ourselves to look at the storm of your life with a new perspective. Our natural strength gradually begins to re-emerge along with a calm openness towards our circumstances. What we’re going through no longer feels utterly overwhelming. Rather than feeling victimized, we accept the new reality. There are two steps in this phase:

- Reality: We acknowledge our situation and take 100% responsibility for those things happening in our life. We reach an understanding about our situation and that understanding moves us toward peace.
- Reason: We learn how to move with our challenges rather than fight against them.

The Purge Phase:

In this phase, we release our expectations about how our lives should have developed. Rather than collapsing in the face of adversity, we can both let go and stretch our present capacities — to stand in love, employ wise discernment in the moment, and communicate with effectively and with compassion.
The Production Phase:

At this stage, the transformational process becomes less negotiable as life increasingly takes charge, lighting the fires of transformation from within us. It is a time of rebirth, for ourselves and the entire situation. At some level, though we may not be aware of it during times of great intensity, we have longed for this opportunity. While it may not be immediately apparent, we are co-creators in an emerging new reality. There are two steps in this phase:

- Rebirth: Create a vision for the other side of our challenge.
- Realign: Develop new thoughts and habits that are in alignment with our vision.

The Paradise Phase:

Once the healing fires have burnt away our old strengths and expanded our previous understandings, we find ourselves resting in a place of stillness and peace. With open hearts, this is a time to bless the past and embrace all that is new. Though pain may linger, compassion is now our ally. In this time of deepening self-love, new possibilities gradually appear and we celebrate them. There are three phases in this phase:

- Reinforce: We focus on reinforcing our new habits so that we can keep moving forward.
- Recognize: We celebrate all victories – no matter how small!
- Repeat: Life is meant to give you challenges. You will have another chance to do use this process to move through the next challenge more quickly and with less pain.