

10 Podcast Recommendations for Resilient Women to Try Today

Podcasts can be found on Apple Podcasts, Spotify, Youtube, or by following the hyperlink!

Empowerment Education

[Women of Impact](#)

Hosted by Lisa Bilyeu, co-founder of the billion-dollar company Quest Nutrition and President of Impact Theory, this show features women who have overcome incredible hardship to achieve massive success. Our mission is to empower you and all women to recognize that you really can become the hero of your own life.

[ReWilding for Women](#)

In this podcast, we'll be reclaiming and reconnecting to the wildest and most empowering aspects of the feminine. We'll explore a variety of practices from the sacred traditions of shamanism, tantra, and astrology in order to uncover and step into the mysteries and the authentic power of the feminine.

[The PurposeGirl Podcast](#)

Empowering women to live their purpose with courage, joy, and fierce self-love. By listening to powerful interviews with purposeful women, learning practical tools to live your purpose now, and gaining an understanding of the science and spirit behind purpose, *The PurposeGirl Podcast* will help you overcome obstacles and rise to becoming the bold beautiful woman you were born to be.

[Cultivating H.E.R. Space: Uplifting Conversations for the Black Woman](#)

Creating safe spaces for authenticity and inspiration starts with H.E.R.: Healing, Empowerment, and Resilience. Tune in for conversations between a college professor/psychologist and a techie/motivational speaker that will leave you with hope and room to breathe in and exhale your true self.

[Women's Protection and Empowerment](#)

This podcast is dedicated to creating space for women and girls in humanitarian settings. We showcase programming achievements, lessons learned, good practices, useful tools, and ultimately strive to foster the global feminist movement.

Facing Trauma

[The Healing Trauma Podcast](#)

Host Monique Koven is a trauma recovery coach, retired social worker and survivor who offers advice, hope, and support through conversations with fellow experts and survivors.

[The Narcissistic Trauma Recovery Podcast](#)

Here to help women recover from the devastating effects of trauma through narcissistic abuse. Listen along as an award-winning Trauma-Informed coach and therapist helps us understand the anger, toxicity, and guilt we feel after experiencing the abuse of a narcissist.

[Parenting After Trauma with Robyn Gobbel](#)

This podcast is built as a tool chest for parents of children who have experienced trauma. Gobbel explains the whys and hows of child behavior following traumatic experiences and how to respond to behavior in ways that promote healing and encouragement.

Self-Care Corner

[Well-Fed Women](#)

Host Noelle Tarr, nutritional therapy practitioner and personal trainer, delves into women's nutrition, mindset, health, body image, and stress-management. Interviews with leading health-and-wellness experts help you learn how to eat and move in a way that is right for your body and without shame or second-guessing.

[Inner Warmup](#)

Taylor Elyse Morrison puts the listener in the interview hotseat to help you become your own expert on your body, healing, care, and growth. You can use this time to reflect on what is most important: *you*.