**No Need to Shout trailer**

Kat Penno:

Hey everyone, thanks so much for tuning in to the No Need to Shout podcast powered by Women in Hearing Health. You're joined today by Kat Penno and Caitlin Barr and will be your hosts of the first couple of podcasts. So, Caitlin, do you want to tell everyone a bit about yourself?

Caitlin Barr:

Hello, Kat and hi, everyone. And you've got my little youngest son in the background having a great time. So I am a mum of two, a four-year-old and a six-month-old. I'm an audiologist, but really what drives me is ensuring that people can sort of live life to their truest self, and that is true in my professional work and hopefully in my personal life, too, and that's part of the motivation for this podcast, but we can talk more about that soon. Tell us more about you, Kat.

Kat Penno:

Love it. Caitlin, mine is similar to yours. I'm a mum of one and soon-to-be one-and-a-half-year-old daughter, and I am also a woman in Hearing Health and an audiologist. But I love working in our field so much, so I felt for the last year and a half, even longer the transition to parenthood it was very difficult for me because prior to giving birth, I really had a strong pull and desire for impactful and meaningful change in our profession, in our industry, for our clients and the industry as a whole. So it was really hard for me to have time out from the career when I was so driven and motivated to get things done if you like. And then talking to all the professionals and our customers out there, it was sort of a dissaving Grace on those really hard parenting days, and I thought, I can come back sooner. You can design the parent life you really want, and one of the biggest motivators for being part of Women and Hearing Health and co-founding with you, Caitlin, is so that we could highlight these topics, because when I have interns now, female interns, they do always ask, I really love my profession and this job, but what do I do when I have kids? And I say I think about that all the time as well, pre-baby days, but now with the new world of telehealth, remote health, remote fine-tuning and counselling, why can't we have it all as high achieving professionals, supporting our customers from afar and near? Women in Hearing Health is really important for support, advice, guidance, and also to shine a light on some pretty pressing topics that we as women will face in our lifetime.

Caitlin Barr:

Yeah, absolutely. So much of that resonates, Kat, and I think that's perhaps why we found people really interested in this platform and why we've been motivated to create this podcast in addition to the online community. Because there's these questions that aren't answered overtly often in our professional career, especially if you've been to university for a long time, there's this kind of you can do anything mindset, invest in yourself, invest in your education, and then all of a sudden, certainly my experience was okay, but now it's time to have a family so forget all that. But that's my identity, I don't know anything different. It's common amongst so many women, yet, it's not a conversation that's probably had, and I think it's helpful to have it within people who are in the same field as you because the similarities between workplaces and the kind of professional issues that we face and professional opportunities that we have, there are similarities. So I think it's a really nice space to be able to learn about how other people have been through their professional careers and what their lives look like, have looked like around it and kind of dream big think, wow, is that something I could do, or how could I help someone else reach that dream? Because ultimately, I think underpinning the conversations we'll have is that we actually all want the best for each other because that's what's ultimately going to be best for people with hearing loss, which is what the commonality, I think amongst everyone who's working in hearing health.

Kat Penno:

Totally, 100% love everything you said then and one of the reasons we're really passionate about spreading this message globally. So we actively encourage you to get in contact with each of us on our socials. We're on Facebook, LinkedIn, Twitter, all of them. Reach out with any questions. We would love everyone to get involved and host a podcast. If you've got any speakers you want to hear from, a few of you have already emailed or reached out to us, so we really appreciate that, and we will try to reach out to everyone over time to get you involved in the content production, audio and written. Thank you so much for listening to the introductory podcast or the taster, and we look forward to launching episode one in the coming weeks.