DEANNA HODGES

AUTHOR • WOMEN'S EMPOWERMENT COACH • PODCAST GUEST

Conversations about finding your voice and writing the next chapter of your life.

Deanna Hodges is the author of *Now What? Discovering Who You Are After Loss, Change, and Everything in Between*. She helps women rediscover their identity, confidence, and purpose after major life changes or years of putting everyone else first. Her perspective draws on decades of entrepreneurship, healthcare and business consulting, mentoring, and her own experience of beginning again.

POSSIBLE INTERVIEW TOPICS

• The "Now What?" moment: who are you when your life changes?

• Reclaiming your voice after years of putting everyone else first

• Boundaries without guilt—and why women struggle to make them

• Accountability and turning personal decisions into real action

• Beginning again later in life without starting from nothing

SUGGESTED QUESTIONS

• What is the first step when a woman no longer knows what she wants?

• How can women recognize the roles that have overshadowed their identity?

• How do you keep moving when fear and old habits get in the way?

BOOK & CONTACT

Now What? — Discovering Who You Are After Loss, Change, and Everything in Between

Available for English-language remote podcast interviews.
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