

The Road to Rediscovery Podcast

Show Notes

Season:	2
Episode:	3
Length:	33:09
Guest:	Ruchi Singh
Episode Summary:	Host Aubrey Johnson chats with Public Speaker, Mindset Coach, and Content Creator Ruchi Singh. Ruchi transparently shares her long journey; surviving a life-threatening environment with domestic abuse, to rise above, take control of her life, and teaching others how to do the same.
Questions (please note – these are not all the questions asked in the interview..)	<p>- I know at times in these types of abusive relationships, the one being abused would wrongfully blame themselves for their abusers' unhappiness. Did you feel that way about yourself, or were you convinced your husband was his own cause for his behavior?</p> <p>- Tell us about that one defining moment when you realized this has got to stop, and you had to do something about it?</p> <p>- Ruchi, please tell us about how you help others out of bad situations and realize their potential?</p>
Guest Media (i.e. Publications, Ted Talks, etc...)	YouTube Channel: RuchiSinghTalks
Where/How to connect with Guest:	<p>LinkedIn: Ruchi Singh</p> <p>Facebook: @ruchisinghtalks</p> <p>Instagram: @ruchisinghtalks</p> <p>Twitter: https://twitter.com/RuchiSinghTalks</p> <p>Email: ruchisinghtalks@gmail.com</p>