



HOW HEALING HAPPENS

How Healing Happens is a podcast and digital toolkit for people who value honest conversation and are ready to get to the root of today's problems. Black writer, trainer, and inspirational speaker, Benjamin Smith, hosts an edgy yet compassionate conversation series with his daughter, a mixed race millennial, who just happens to be the reason he fought to leave his his-story of drugs and violence to become the man he is today.

How Healing Happens is a series of conversations between a man and his daughter, his journey from self-loathing to self-love, and the healing choices he made along the way. Special guests include health and well-being practitioners who specialize in life after trauma.

45-minute podcast

Featuring: Benjamin Smith and Willow Smith

Media: 2-Minute Mini-Doc, 45-Minute Podcast, Long form Editorial, Digital Media Toolkit specific to each episode.

EPISODIC LEARNING | EXPLORATORY PODCAST CONVERSATIONS | INTEGRATION EXERCISES

This is more than a podcast. How Healing Happens is an evolving and interactive series of conversations that incorporates: storytelling, real-time health and well-being practices, Q&A, followed by an accompanying personal healing kit with weekly teachable steps delivered in an easily implementable digital tool. The show meets viewers where they are at within a dynamic, evolving conversation framework which constantly adapts to reflect the shifting and complex landscape we currently find ourselves in.

Benjamin Smith experienced relentless violence, bullying and racial discrimination as a child and young man growing up in Vancouver, BC Canada. His background shaped Ben to become a competitive boxer, wrestler and bodybuilder as a means of overcoming fear and self-loathing. These positive outlets allowed Ben to channel his hurt, anger and frustration, eventually owning a gym, helping others as a successful personal trainer and mentoring youth as a community care worker. Since the early 2000's, Ben's creative passion has been focused on honing the craft of writing; and his current project, his book: Killing Goliath, tells pieces of his life story to guide people toward a path of joy and self-acceptance which he now experiences every day.



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Produced by [PowHERhouse Impact Media Group](#) and Indigenous Impact Producer, Charlene SanJenko, this podcast with a digital toolkit will draw a male audience, men of all ages who crave to do, be, and feel better, yet lack the relatable direction required to do so.

Our first eight-episode season is currently in development, each digital offering shares a piece of Ben's healing journey. Each episode builds on the last creating a series of integrated and cumulative learning.

How does a man model what it means to shed toxic masculinity and embody the strength necessary to move past pain which is deeply rooted in limiting beliefs, and intergenerational trauma?

How Healing Happens shares a journey to personal acceptance in a world that has forgotten how to be human.

This creative learning project and podcast is guided by a team of advisors, including Dr. Kasia Wilk, a Chartered Counselling Psychologist and Transformation Coach and Nicolle Nattrass, Addiction Counselor CAC II, Writer, Dramaturge. If you would like to support HOW HEALING HAPPENS, please contact Charlene SanJenko at the number listed below. If you would like to join our audience base, please connect with us [HERE](#).

"This is an essential element of the medicine that the world needs now..."

- Nicolle Nattrass, Addiction Counselor CAC II, Writer, Dramaturge.

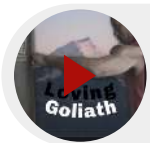
"How Healing Happens shares a journey to personal acceptance..."

- Charlene SanJenko, Indigenous Impact Producer

Relatable. Receptive. Resilient.



Watch Ben's Video [HERE](#)



Listen to the Loving Goliath Podcast [HERE](#)

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