



## Exhale (Series 3)

8 x 60'

### EPISODIC BREAKDOWN

#### 1. Episode 001

Whether you're besties, frenemies or a work spouse, all friendships can become quite complicated! The ladies of Exhale, along with guest discuss the importance of friendships between siblings and spouses, reveal the secret to maintaining long-lasting friendships and answer the age old question – can men and women really be just friends?

#### 2. Episode 002

The ladies tackle the controversial topic of stereotypes. They will breakdown the misconceptions, half-truths, and the consequences of "judging a book by its cover."

#### 3. Episode 003

The ladies and guests are going to reveal the truth about Secrets. From family secrets to infidelity to gossip, are there some secrets that should be left unsaid? And how can keeping secrets actually affect your physical and mental health?

#### 4. Episode 004

From startups, to franchises, to everything in between, owning your own business is part of the American Dream. But do we actually have what it takes to make it? The ladies get valuable insight on the risks and rewards of becoming an entrepreneur.

#### 5. Episode 005

The ladies talk tech! From blogging and social media to producing digital content and coding, they navigate the secrets to success in the technology and new media space and why it's so important to our community.

#### 6. Episode 006

From veganism, to holistic living to fighting environmental racism, green is definitely the new black! The ladies tackle issues impacting the environment and our health. Together with guests they'll

tell us why green living is more than just a trend... but one of the biggest civil rights issues of our era.

## **7. Episode 007**

Whether it's intimate partner violence, child maltreatment or sexual abuse, domestic conflict is impacting our community at an alarming rate. This episode will provide a better understanding of this epidemic, provide the warning signs of an abusive relationship and help find ways to protect yourself and loved ones.

## **8. Episode 008**

Whether it's on the court, in the field or in the news, the ladies of Exhale are tackling the subject of sports. With their guests they'll discuss everything from gender roles in sports, to whether or not college athletes should be paid and if the playing field is a fair platform for athletes to express their social and political views.