

# GDL Allie Webb and Adrain Kohler

<https://silosolo.com/782510>

## Summary

The video is a conversation with Michelle Murad, Kyle True Blood, Adrian Kaylor, and Holly. Adrian is known for his coaching in relationships and business. Adrian and Holly have a podcast called the Naked Leadership Podcast. They discuss the importance of vulnerability and authenticity. Holly shares her experience with a matchmaking service called The Three Day Rule. They also talk about their blended family and the benefits of having a coach.

## Silo sample questions

- Who are the participants in the video?
- What is Adrian known for?
- What is the name of Adrian and Holly's podcast?
- How did Holly meet Adrian?
- What is one of the benefits of having a coach?

## Topics

Introducing the participants

Adrian's coaching and podcast

Importance of vulnerability and authenticity

Holly's experience with matchmaking

Blended family

Benefits of having a coach

## Key Takeaways

- The video is a conversation between Michelle Murad, Kyle True Blood, Adrian Kaylor, and Holly.
- Adrian Kaylor is known for helping people turn things around in relationships and business.
- Adrian and Holly have a podcast called the Naked Leadership Podcast.
- Michelle Murad admires Adrian and Holly's vulnerability and authenticity.
- Adrian helped Holly realize the importance of personal and business being connected.

[Click here for the full transcript](#)

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