

Worried About Kids on Social Media? Here's How to Help | All-Star Weekend Meet & Greet

<https://silosolo.com/265742>

Summary

The speaker emphasizes the importance of building kids' self-esteem and not demonizing social media. They also provide tips for building a successful podcast and brand, which involve creating content consistently and being present on multiple platforms. Being vulnerable, self-aware, and kind is highlighted as key qualities for having leverage in the world. When making a pivot in content or audience, the speaker advises focusing on what is in your heart and not worrying about the opinions of others. It is important to be kind to yourself and not hold yourself to unrealistic standards. Complacency is seen as a hindrance to progress, so it is important to stay motivated and avoid getting too comfortable.

Silo sample questions

- What does the speaker advocate for in regards to kids?
- What is the strategy for building a successful podcast and brand?
- What are the key qualities for having leverage in the world?
- What should you focus on when making a pivot in your content or audience?
- How should you treat yourself?

Topics

Building kids' self-esteem

Building a podcast and brand

Being vulnerable and self-aware

Making a pivot in content or audience

Being kind to yourself

Avoiding complacency

Key Takeaways

- The speaker advocates for building kids' self-esteem instead of demonizing social media
- To build a successful podcast and brand, it is important to create content consistently and be present on multiple platforms
- Being vulnerable, self-aware, and kind is key to having leverage in the world
- When making a pivot in your content or audience, focus on what is in your heart and don't worry about the opinions of others
- It is important to be kind to yourself and not hold yourself to unrealistic standards

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