

“Ten Minutes with Dr. O”

2023 Podcast Schedule



Introduction: Welcome to “Ten Minutes with Dr. O,” a weekly podcast designed to challenge you to grow, to learn, and to find new ways to make your life meaningful to yourself and to those around you. Our speaker is Dr. Ollie Malone, who holds a lifetime of experience as well as two doctorates, two master’s, and an undergraduate degree in communication. In his more than 40 years of experience, Dr. Malone has consulted, taught, and coached individuals in companies, corporations, schools, churches, and non-profit organizations in the US, Canada, and throughout the world. You’ll find his insight practical, often liberally seasoned with humor, and immediately applicable. Take notes if you like, but do not miss the richness of the message. Now, please join me in welcoming Dr. O to the mike.

January	February	March	April	May	June
“Starting Over”	“Doing What You Love”	“Anticipating Growth”	“It Takes a Village”	“The Gift of Disappointment”	“Conflict and Creativity”
2 “Are You Sure You Want to Do This Over Again?”	6 “Finding What YOU Love”	6 “The Growth Mandate”	3 “You Need a Choir”	1 “The Anatomy of Disappointment”	5 “Finding Your Achilles Heel”
9 “Full-Hearted and Full-Throated Commitment”	13 “But, Do You REALLY Love It?”	13 “Growing in What—and Where”	10 “Choose Your Posse”	8 “Disappointment Can Nourish—if You Let It”	12 “Agreeing With Your Conflict”
16 “All In”	20 “Accepting No Substitutes”	20 “How to Grow—Five Essentials”	17 “Harmony Takes Multiple (Differing) Voices”	15 “Hoarding the Lessons of Disappointment”	19 “Sometimes Conflict is a Great Starter”
23 “Generating and Reinforcing Commitment”	27 “Growing in That Which You Love”	27 “Own Your Own Growth—Please”	24 “At the Base of it All: Rhythm”	22 “The ‘What-Nots’ of Disappointment”	26 “Creativity Circuitry”
30 “Re-recruiting Your Keepers”				29 “Transformational Disappointment”	

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July	August	September	October	November	December
“Renewal/Refreshment”	“Surviving the Heat”	“Telling the Truth”			
3 “The Joys of Napping”	7	4	2	6	4
10 “How to Take a Vacation”	14	11	9	13	11
17	21	18	16	20	18
24	28	25	23	27	25
31			30		