

LISTEN UP! PODCAST PLAYLISTS

Learn something new, challenge your perceptions, hear about the stories and lives of other people, or kick back and enjoy some humour! Podcasts offer a little something for everybody.



Unlocking Us: Join researcher and #1 New York Times best-selling author Brené Brown as she unpacks and explores the ideas, stories, experiences, books, films, and music that reflect the universal experiences of being human, from the bravest moments to the most brokenhearted.

Creative Confidence Podcast : Candid conversations with some of today's most inspiring change makers, design thinkers, and creative minds.

The John Maxwell Leadership Podcast:

A regular examination of what it means to be a transformational leader—someone who daily influences people to think, speak, and act to make a positive difference in their lives and in the lives of others.



Into the Well: Bringing together mentors, teachers, innovators, and wisdom keepers, Into the Well is a platform for connection and learning to live in harmony.



On Purpose with Jay Shetty: Brings fascinating conversations with some of the most insightful people in the world straight to viewers all over the world.

Oprah's SuperSoul Conversations: The podcast of Oprah's personal selection of her interviews with thought-leaders, authors, and health and wellness experts.

Mindful In Minutes: Short, weekly guided meditations to help you find mindfulness in simply minutes.



NPR's How I Built This: The stories behind some of the world's best-known companies.

NPR's Hidden Brain: Using science and storytelling, Hidden Brain helps curious people understand the world – and themselves.

Freakonomics Radio: Discover the hidden side of everything. Freakonomics Radio tells you things you always thought you knew (but didn't) and things you never thought you wanted to know (but do) — from the economics of sleep to how to become great at just about anything.

Finding Cleo: CBC's Connie Walker joins a Cree family in their search for their daughter who was apprehended by child welfare workers in Saskatchewan in the 1970s.



Broken Record: A podcast by Malcom Gladwell and Rick Rubin. For generations of music lovers, the liner notes on albums were a central part of the way music was heard. You bought an album and it came with an accompanying narrative: a digression, an aside, a backstory — maybe even an invented history. We intuitively understood that great music required not just listening but conversation between the artist and the audience and the audience and the rest of the world. Broken Record restarts those conversations — in a world without liner notes — for a new audience of music lovers.

The Anthropocene Reviewed: John Green walks through one or two items/concepts/ideas/products that we have introduced in the last century or so and rates them on a five-star scale. It often leads into introspection of his own life, struggles with mental health, and facing the consequences of climate change, US politics, and the changing world around us.



Ologies: A science podcast. Each episode has the host interviewing a working scientist in some random science field of study. Her motto is "ask smart people dumb questions"...which perfectly summarizes the whole concept.

Mothers of Invention: Learn all about the women driving powerful solutions to climate change all over the world.

Potterless: In the humour category! A Harry Potter podcast about a grown man reading the series for the first time. He analyzes the books and pokes fun at plot holes with Harry Potter experts.



Math Ed Podcast: Interviews with mathematics education researchers about recent studies. Hosted by Samuel Otten, University of Missouri.



The Tim Ferriss Show: Tim Ferriss (author of the 4-Hour Workweek) deconstructs world-class performers from eclectic areas (investing, chess, pro sports, etc.), digging deep to find the tools, tactics, and tricks that listeners can use.

Akimbo by Seth Godin: Akimbo is an ancient word, from the bend in the river or the bend in an archer's bow. It's become a symbol for strength, a posture of possibility, the idea that when we stand tall, arms bent, looking right at it, we can make a difference. Akimbo is a podcast about our culture and about how we can change it. About seeing what's happening and choosing to do something. The culture is real, but it can be changed. You can bend it.

Masters of Scale: Reid Hoffman explores how great companies scale up from zero to a gazillion, testing his theories with legendary leaders
Revisionist History – Malcolm Gladwell's journey through the overlooked and the misunderstood. Every episode re-examines something from the past — an event, a person, an idea, even a song — and asks whether we got it right the first time.

- **Revisionist History:** Malcolm Gladwell's journey through the overlooked and the misunderstood. Every episode re-examines something from the past — an event, a person, an idea, even a song — and asks whether we got it right the first time.