Lea Appleton: Podcast Guest One-Sheet

Discernment Coach and Wayfinding Guide | Founder, Wild Wayfinding | Author, *Walking & Wayfinding*

Introduction to read aloud

Lea Appleton walks. A lot. It is how she finds her bearings, and she helps others find theirs. She is a Discernment Coach and Wayfinding Guide, founder of Wild Wayfinding, and the author of *Walking & Wayfinding: Create Your Own Mindful Practice, One Step at a Time*.

Conversation topics

- **Mindful walking as a practice.** What makes a walk mindful, and how anyone can begin, on a trail or a city block.
- **Wayfinding when the map stops working.** Reading longing as direction, and taking a next step before you can see the whole path.
- **Pilgrimage without leaving home.** From a cancelled Camino to a DIY pilgrimage on the California coast, and then the Camino itself.
- **Walking, aging, and coming back to the trail.** Backpacking after a hip replacement, and embracing limits without shrinking your life.
- **Choosing well when the decision is hard.** What discernment is, how it differs from deciding, and how a regular mindful walking practice helps us meet big choices focused, relaxed, and knowing ourselves.
- **You Are Here: learning to read the signs.** Noticing as a practice, and how an ordinary sign becomes a question worth asking. In other words, what is wayfinding?

Also worth mentioning

- *Walking & Wayfinding*, debuted as an Amazon #1 New Release and became a #1 Bestseller in Walking.
- Wayfinding Days, guided days outdoors where people experience Lea's approach to mindful walking.
- The Hip Hiker blog (hiphiker.com), chronicling her adventures walking, hiking, and backpacking, and her zirconium hip.

Past podcast appearances

The Walking Post, The Passionistas Project, Pockets of Knowledge, Chat with Nat, Casa de Confidence, Living the Next Chapter, High Velocity Business Radio, One Question, Test Those Breasts, Why Walking Matters, Healing for Hearts and Minds. *Also featured in Forbes, AARP, Everyday Health, and mom.com.*

Quick details

Format: Interview or conversation, 30 to 60 minutes, remote or in person.

Audience: People in midlife and beyond who want to slow down and notice, including mindful walkers, nature lovers, and hikers, and anyone in a season of change.

Sample interview questions: Available on request.

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