

Public Service Report For 2nd Quarter 2009

WATC TV/Atlanta, GA

Compiled by Greg West, Director of Programming and Promotions

QUARTERLY LIST OF ISSUES AND PROGRAMS REPRESENTING
STATION WATC TV 57'S
MOST SIGNIFICANT TREATMENT OF THOSE ISSUES

April 1, 2009 – June 30, 2009

Issue: Health and Lifestyle

During 2nd Quarter 2009, WATC featured programming that educated viewers on a wide variety of health related topics to improve both their physical bodies and emotional health. Such programming included the following:

Friends and Neighbors

Tuesdays at 12:00 p.m. and Saturdays at 8:30 a.m.
Encore presentations weekdays at 6:30 a.m.

This half hour series is produced by WATC TV 57 and features a variety of topics of interest to the community.

April 21, 2009 and April 25, 2009

This episode featured Pastor Ron Williams about his book and fitness program titled *Faith and Fat Loss*. He believes that the two elements, faith and fat loss, go hand in hand and to conquer your goals, you have to address both in any fitness program. Hosted by Donna Ritchie and Sherry Tatum. 30 minutes.

April 28, 2009 and May 2, 2009

Hosts Donna Ritchie and Sherry Tatum along with guest co-host Kelly Ingram talked with Randi Passoff, a breast cancer survivor, who is involved in educating people about cancer awareness and works on various projects to raise money and awareness. Also, Martha Wolfe is a Christian counselor and speaker who shared on the "the importance of listening to correction." 30 minutes.

May 5, 2009 and May 9, 2009

Sherry Tatum and Donna Ritchie along with guest co-host Kelly Ingram talked with Tina Chadwick who shared about being diagnosed with a brain tumor while being eight months pregnant. Tina shared about her struggles and how she works to bring awareness and hope to those facing a diagnosis of a brain tumor. She shared about a business that developed through her own personal experiences with recovery. The hosts educate viewers on various resources from the National Brain Tumor Society and the North American Brain Tumor Coalition. 30 minutes.

May 6, 2009

Dr. Ian Smith from *Celebrity Fit Club* appeared to discuss his book *The Four Day Diet* and shared tips on losing weight and keeping it off. Pauline Key also appeared as a musical guest in this program. An encore presentation with hosts Kim Gravel, Donna Ritchie and Sherry Tatum.

May 12, 2009 and May, 16, 2009

Guests included Dr. Marc Harrigan of Piedmont Physicians at Cascade who discussed minority health care issues and prevention tips and author and pediatric nutritionist Judy Converse (*Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn and Thrive*). Hosts Donna Ritchie, Sherry Tatum and guest host Jennifer Schuchmann.

May 26, 2009 and May 30, 2009

Host Donna Ritchie and guest co-host Jennifer Schuchmann talked with Joy Hunnicutt whose life story was featured on the A&E series *Intervention*. She shared about her childhood and how she and her brother became addicted to drugs and the intervention that took place to help them overcome the addiction. Joy performed two songs and shared how music plays an important part of her life.

June 2, 2009 and June 6, 2009

Phil and Amy Parham who were contestants on *The Biggest Loser* shared about their experiences in losing a combined total of over 200 pounds and how they maintain it. They also shared about their desire to encourage others in weight loss. Host Donna Ritchie and guest co-host Kelly Ingram.

You Can Make It

Fridays at 12:00 pm and Saturdays at 10:00 am

Weekly series with host Joanne Thompson and special guests preparing new recipes. Appearing on several episodes during this quarter was Mary Beth Oxendine who demonstrated simple ways to change your eating habits to a healthier diet. 30 minutes. Co-production between WATC TV 57 and Dove Broadcasting, Inc.

About Health with Jeanne Blake

Saturdays at 12:30 p.m. (rotating with *ATL Insider*)

This series produced by the City of Boston, Massachusetts features host Jeanne Blake addressing various health topics. 30 minutes.

May 16, 2009

Jeanne Blake talked with Monique Doyle Spencer about her book *How Can I Help* which offers practical tips about what you can do to help when a loved one has been diagnosed with cancer.

May 30, 2009

According to the National Institute of Mental Health, one in ten U.S. children suffers from a mental disorder severe enough to cause some level of impairment. Dr. Nancy Rappaport, Assistant Professor of Psychiatry at Harvard Medical School and the Director of School Programs at Cambridge Health Alliance, talked with Jeanne Blake about kids and depression.

Atlanta Live

Weeknights at 7:00 p.m. and encore presentations weekday mornings at 7:00 a.m.

Atlanta Live is the flagship program of WATC TV and is produced live most weeknights in the studio of WATC. The program has a series of rotating hosts and features sharing guests on a wide variety of topics. 2 hours.

Monday, April 6, 2009 (encore Tuesday, April 7, 2009)

Cecil Murphy talked about his book *When Someone You Love Has Cancer* and also shared about two additional health/ministry related books: *Gifted Hands* and *90 Minutes in Heaven*. Hosts Pastors Myles and Delana Rutherford. Encore presentation from Tuesday, February 17, 2009. 30 minute interview within the two hour program.

Thursday, April 9, 2009 (encore Friday, April 10, 2009)

Pastors Jim and Jennifer Hughes of The ARC in Norcross, Georgia were hosts. Guests included Rebecca McClain, author of *Redsign Your Reality*, who shared about her experience with being a life coach to help and inspire others. Also, Minister Kendal Richardson of Frontline Ministries in Atlanta, Georgia shared his testimony of being homosexual, a drug user, and how he now works in ministry especially in the area of AIDS patients. 2 hour program.

Monday, April 13, 2009 (encore Tuesday, April 14, 2009)

Pastors Myles and Delana Rutherford were hosts. Guests included Timothy and Amber Johnson of Kennesaw, Georgia who shared about their experience of losing their son and offered ways to help others overcome heartache. 30 minute interview in the two hour program.

Wednesday, April 15, 2009 (encore Thursday, April 16, 2009)

Host Shelley Hendrix talked with Carrie Taylor about her documentary called "Children of Divorce: The Tough Truth" which deals with the effects of divorce on young people. 30 minute interview in the two hour program.

Wednesday, April 22, 2009 (encore Thursday, April 23, 2009)

Host Carleen Brown (*ATL Insider*) talked with Andre Butler, author of *Not in My House*, who encouraged people to take a 28-day challenge to recession proof their health. Bill Wilkins of Powder Springs, Georgia shared his research findings on sleep in America. One hour of interviews in the two hour program.

Monday, April 27, 2009 (encore Tuesday, April 28, 2009)

Pastors Myles and Delana Rutherford were the hosts. Guests included Wally Hogland (author of *Second Chance for Life*) who shared his story of overcoming a stroke, loss of a job, and discovering he had stage IV cancer all within a span of four years. Wally shared of his revitalized hope and encouraged others through his experiences. Also, Ed Houston shared his story of living single and encouraged other singles to live a full life and to strive for wholeness. One hour of interviews within the two hour program.

Monday, May 18, 2009 (encore Tuesday, May 19, 2009)

Guests included Pastor Henry Wright, author of *A More Excellent Way*, who shared how his study in scripture revealed how the hand of God can heal and prevent disease when applied. One hour discussion in the two hour program.

Tuesday, May 19, 2009 (encore Wednesday, May 20, 2009)

Hosts Pastors Jim and Jennifer Hughes. Guests included Shirley Clarke, author of *Too Deep For Tears*, a biography of her daughter who died last year of breast cancer. 30 minute interview in the two hour program.

Wednesday, May 20, 2009 (encore Thursday, May 21, 2009)

Host Shelly Hendrix talked with Yvonne Nelson Schell, author of *Born to Write it Down*, about surviving cancer. 30 minute interview in the two hour program.

Wednesday, May 27, 2009 (encore Thursday, May 28, 2009)

Host Carleen Brown talked with Lisa Buldo, author of *It Can Be Done*, about her experience as a holistic health coach and Biblical health coach. Also, 10 year-old Jalia Carlton-Carein shared about being the author of *100 Tips to Becoming Great Children*. One hour of interviews within the two hour program.

Monday, June 1, 2009 (encore Tuesday, June 2, 2009)

Host Rick Goins and co-host Candice Carley talked with Dianne Dougherty of Stone Mountain, Georgia about raising a daughter who suffers from seizures and is mentally slow. Larry Tilley shared his testimony of being delivered from AIDS and the homosexual lifestyle. J. La Trina talked about being a survivor of domestic violence and healed of Lupus. This program was two hours of offering hope and encouragement to viewers. 2 hours.

Thursday, June 18, 2009 (encore on Friday, June 19, 2009)

Host Betty Cornett talked with Jackie Goad of Rick Goad Ministries about Rick's battle with pancreatic cancer and her work to continue Rick's vision to reach and educate the world by distributing one million of Rick's *My Miracle* CD. 30 minutes within the two hour program.

Time For Hope

Thursdays at 11:00 a.m. and Saturdays at 7:00 a.m.

This 30-minute program is hosted by Dr. Freda Crews and features a discussion of life-related topics such as overcoming divorce, improving one's self-esteem, etc. Produced in Spartanburg, South Carolina.

Also, health-related public service announcements (American Red Cross, American Cancer Society, Coalition to Prevent Deep-Vein Thrombosis, etc.) air throughout the programming day. Approximately 20 minutes of public service announcements air weekdays and on Saturdays. A limited number of public service announcements air on Sundays.

QUARTERLY LIST OF ISSUES AND PROGRAMS REPRESENTING
STATION WATC TV 57'S
MOST SIGNIFICANT TREATMENT OF THOSE ISSUES

April 1, 2009 – June 30, 2009

Issue: Current Events

WATC TV presented the following as part of its commitment to inform viewers on news and current events during 2nd Quarter 2009:

American News Network Weekdays at 5:30 pm
Atlanta-based national newscast is presented on WATC every weeknight.

The Gravedigger Show Saturdays at 4:30 pm
Host Joe Oreskovich talks with community leaders and residents on a wide variety of topics of interest to Atlanta. The series has been honored in the past by the State Bar of Georgia with the Silver Gavel Award for excellence in educating the community on legal matters. 30 minutes. WATC TV 57 Production.

Atlanta Live Weeknights at 7:00 pm and encore presentations weekday mornings at 7:00 am

WATC presents *Atlanta Live* every weeknight live from 7-9 pm featuring representatives from various non-profit organizations promoting upcoming events, giving news about the work of the organization, and encouraging the citizens of metro Atlanta to become involved and volunteer. Some of the community organizations and churches featured during this quarter included:

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| April 3 | Bank executive David Cowan shared his perspective of the current financial crisis |
| April 7 | Pastor Belinda Robbins of Jonesboro, Georgia discussed the Children's Defense Fund Freedom Schools Program |
| April 9 | William Hill and Lee Bliss of Higher Living Community Impact Center of Jonesboro, Georgia talked about their upcoming Community Outreach Day |
| April 13 | Rhonda Mincey of Made 2 B More discussed an upcoming girls conference addressing self-esteem; also Kenny and Ashley Haynes who are the youth directors of Worship with Wonders Church shared about their upcoming youth production. |
| April 14 | Chad Hale of the Georgia Avenue Community Ministry shared about their food co-op program |
| April 16 | Stephen Hammonds of Covenant Financial Ministries of Statesboro, Georgia talked about various financial matters in these difficult times |
| May 21 | Pastor Melchizedek Matulu of New Beginning Church in Decatur, Georgia shared about an upcoming revival and a missions trip to Tanzania (East Africa) |

- May 26 Dr. Karen Betaudier of Spoken Word Ministries; Bishop Samuel McGill of McGill Ministries; and Marion Webb of Models 4 Christ all shared about their work in ministry and in the community
- May 27 Matt Thien of Conyers, Georgia discussed "10 Songs 10 Days" Africa event that was taking place
- May 28 Apostle Louis and Pastor Kimberly Jones of Day of Change Family Worship Center in Stone Mountain, Georgia discussed their SWAP (Sisters With a Purpose) Conference; Bishop Lee Anthony Norwood and First Lady Cynthia Norwood of High Praise Christian Center in Lithonia, Georgia shared about "Camp High Praise" which is a summer camp for kids; and Ernest Clark of International Christian Centers for the Deaf shared about the work of the ministry
- June 5 Minister Jonathan Simmons of Consider the Word Ministries of Atlanta, Georgia shared about empowering men to better serve their families and communities

First Works Food Drive :30 spots airing throughout the broadcast schedule
 First Works, the outreach program of WATC, collects food to distribute to the needy, such as the Atlanta Women's Shelter and various outreaches in the Winder, Georgia area. As part of this drive, WATC TV gives participating churches time on the station to announce their service times and invite people to attend their services.

Public service announcements from various non-profit organizations (CARE, National Arbor Day Foundation, USO, American Heart Association, etc.) air throughout the broadcast day. Also airing spots from Georgia Association of Broadcasters such as National Guard.

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Issue: Children's Programming/Teen Programming

During 2nd Quarter 2009, WATC TV aired educational children's programming weekday afternoon to teach moral values and to educate on a wide variety of subjects. The programming during this quarter included the following:

Dr. Wonder's Workshop (Thursdays at 4 p.m.)

Dr. Wonder and his crew share some life-changing truths from a Christian perspective in both sign language and English. This children's series is aimed at both the hearing and the deaf and hard of hearing community. FCC E/I: Ages 5-12.

Critter Gitters (Fridays at 4 p.m. in April-May; Thursdays at 4:30 p.m. in June)

This FCC friendly series contains material and information about animals, science, geography and solutions to ethical dilemmas. The National Parents Television Council says that *Critter Gitters* "offers high quality entertainment that is both educational and exciting for the entire family."

Nanna's Cottage (Tuesdays at 4 p.m. in April-May; Tuesdays at 4:30 p.m. in June)

Weekly half-hour educational children's series.

Jane's Sew and So (Tuesdays at 4:30 p.m. in April-May; Wednesdays at 4:30 p.m. in June)

Instructional series to teach kids how to sew.

Animal Action (Wednesdays at 4:30 p.m. in April-May)

A half hour series teaching kids about animals with Brian and Greg.

A.J.'s Time Travelers (Wednesdays at 4 p.m. in April-May)

Travel with AJ and friends in his time machine as their thirst for knowledge brings them face to face with some of the most influential people in history.

Curiosity Quest (Thursdays at 4:30 p.m. in April-May)

Host Joel Green goes on a quest to answer a viewer's letter of curiosity. It is a half hour of humor and educational exploration. E/I: 5-12.

Gerbert (Mondays at Fridays at 3:30 p.m. in June)

A friendly boy named Gerbert teaches children about making right choices and they learn different lessons about life.

Jay Jay the Jet Plane (Mondays and Fridays at 4 p.m. in June)

Jay Jay is an energetic and playful six year old jet plane whose inquisitive nature leads him on exciting adventures. The show educates kids about science, nature and health; teaches life lessons like sharing, problem solving, making friends and cooperation; and introduces kids to the excitement of exploring new places, meeting new people and having new life experiences. E/I: 2-6.

The Secret World of Benjamin Bear (Tuesdays at Thursdays at 3:30 p.m. in June)

A show about the secret life of teddy bears. They come to life when people aren't watching and have secret fun adventures.

My Goldfish is Evil (Wednesdays at 4 p.m. in June)

The adventures of a boy named Beanie and his pet goldfish named Admiral Bubbles who wants to take over the world.

Also, WATC presented the following programming aimed at educating teens:

Roc House Café (Fridays at 4:30 p.m.)

Discussion on topics such as self-esteem and peer pressure with host Tamara James. Produced in Augusta, Georgia by Watchman Broadcasting. 30 minutes.

B.Y.O.B.B. (Mondays at 4:30 p.m.)

Bible study aimed at teens and young adults with hosts Pastor Camy and B.J. Arnett. Produced on location throughout Atlanta, Georgia. 30 minutes.

Ultimate Choice (Mondays at 4 p.m. in April-May; Saturdays at 1:30 p.m. in June)

Eight teens go on extreme adventures and learn about themselves and life in the process. E/I: 13-16.

Atlanta Live: Tuesday, April 7, 2009

This edition of *Atlanta Live* featured Joel Thornton discussing homeschooling and its benefits and author Terence Lester (*U Turn: The Teenage Turnaround*) about his work with youth.

Atlanta Live: Friday, May 29, 2009

Hosts Sherry and Roy Tatum talked with Joshua and Deborah Murray from The Book of Acts Apostolic Church in East Point, Georgia about ministering in their high school.

Atlanta Live: Friday, June 12, 2009

Dr. Robbi Warren interviewed Tom Hammonds II about his work with inspiring youth to excel in school through his outreach program.

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April 1, 2009 – June 30, 2009

Issue: Educational/Instructional Programming

As a non-commercial educational station, WATC TV offers a mix of programming to educate and inform. Such programming during 2nd Quarter 2009 included the following:

Bible teaching:

<i>Shepherd's Chapel</i>	Late night from 12:00 a.m. – 6:00 a.m. and weekdays from 1-2 p.m.
<i>Crosstalk</i>	Fridays at 11:00 a.m.
<i>Perry Stone</i>	Mondays at 10:30 a.m.
<i>Mike Murdock</i>	Mondays at 11:00 p.m. and Fridays at 9:30 a.m.
<i>Precepts for Life</i>	Fridays at 10:00 a.m.
<i>Origins</i>	Fridays at 11:30 a.m.
<i>American Religious Townhall</i>	Sundays at 4:30 p.m.

Documentaries:

<i>Word Pictures</i>	Thursdays at 10:00 a.m.
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Community Interest:

<i>The Gravedigger Show</i>	Saturdays at 4:30 p.m. (WATC TV 57 Original Production)
<i>ATL Insider</i>	Saturdays at 12:30 p.m. (alternate weeks with <i>About Health</i>)
<i>Atlanta Live</i>	Live Monday through Friday at 7 pm and reaired weekdays from 7-9 a.m. (WATC TV 57 Original Production)
<i>Friends & Neighbors</i>	Tuesdays at 12 noon and Saturdays at 8:30 a.m.; plus encore presentations weekdays at various times (WATC TV 57 Original Production)
<i>Let's Talk with Tracy Wells</i>	Thursdays at 11:30 a.m. and interview vignettes within <i>Gaither Homecoming</i> every Saturday at 6 p.m. (WATC TV 57 Original Production)
<i>The Bobby Hurd Show</i>	Occasional community service guests on program airing Tuesdays at 10 p.m. and half hour version on Sundays at 6 a.m. (WATC TV 57 Original Production)
<i>Reflections</i>	Medical series airing Saturdays at 4:00 p.m. (WATC TV 57 Original Production)

TV 57 Presents

Occasional half hour specials produced by WATC TV

Arts:

Babbie's House

New episodes Mondays at 12 noon; plus encore presentations various weekday afternoons at 5 p.m. (WATC TV 57 Original Production)

Friends & Neighbors

New episodes Tuesdays at 12 noon and Saturdays at 8:30 a.m.; plus various encore presentations weekdays at 6:30 a.m. (WATC TV 57 Original Production)

By The Book

Interviews with authors about latest releases (various time slots)

Art Insight

Art instruction series airing Saturdays at 12 noon

Home & Style

Interviews, movie reviews, and lifestyle tips presented Saturdays at 11:30 a.m.

Lifestyle Programming:

You Can Make It

Instructional cooking series airing Fridays at 12 noon and Saturdays at 10 a.m.

P. Allen Smith Gardens

Gardening series airing Saturdays at 11 a.m.

The Peggy Denny Show

Instructional cooking series airing Wednesdays at 12 noon and Saturdays at 9 a.m.

At Home With Arlene

Instructional cooking series airing Thursdays at 12 noon and Saturdays at 9:30 a.m.

Make Your Day Count

Daytime series featuring cooking and craft segments airing weekdays at 9:00 a.m.,

Heart of the Home

Instructional cooking series airing Wednesdays at 9:30 a.m. and Thursdays at 6:30 p.m.

Love, Marriage and Stinking Thinking

A marriage/relationship series presented with humor and music on Saturdays at 8 a.m.

About Health

Saturdays at 12:30 p.m. (alternate weeks from *ATL Insider*)

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April 1, 2009 – June 30, 2009

Issue: Senior Citizens

WATC TV features programming on a regular basis to inspire seniors and to educate people on the wisdom that can be obtained from senior citizens. Programming during 2nd Quarter 2009 included:

Atlanta Live: Seniors Today First Thursday night of the month from 7-9 p.m.
Encore presentation on the following Friday from 7-9 a.m.

"Seniors Today" hosts Betty Cornett and Pat Mathis talk with guests on topics of interest to the senior community and their caregivers. Presented this quarter:

April 2, 2009

Host Pat Mathis and Betty Cornett talked with Brenda Gunter from Austell, Georgia about being a cancer survivor; David Greer from *Gwinnett Magazine* discussing his work in building a network to fight cancer and bring a message of faith, hope and encouragement; and Bill Hancock of Cornerstone Family Services in Marietta, Georgia on how people can provide a loving foster home for a deserving child. Nick Serba and Jeanette Bennett discuss ways that seniors can work out of their home and provided business resources. Music by David Ellis and Betty McBrayer. 2 hours. WATC TV 57 Production.

June 4, 2009

An encore presentation from November 6, 2008 with host Betty Cornett and guest co-host Jerry Goff. Guests included Melissa Underwood discussing elder care; Tripp Owings IV from Alpharetta, Georgia on planning for retirement; and author Norma Day (*Seven Secrets to Timeless Beauty*). Music by Little Jan Buckner Goff and Mark Fuller. 2 hours. WATC TV 57 Production.

Public service announcements on various health-related topics of interest for seniors are aired throughout the broadcast day.

QUARTERLY LIST OF ISSUES AND PROGRAMS REPRESENTING
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April 1, 2009 – June 30, 2009

Issue: Empowering Women

WATC TV featured programming to educate and empower women to be everything they can be during 2nd Quarter 2009. Such programming included the following:

Atlanta Live

Weeknights at 7:00 pm and encore presentations weekday mornings at 7:00 am

Atlanta Live is the flagship program of WATC TV and is produced live most weeknights in the studio of WATC. The program has a series of rotating hosts and features sharing guests on a wide variety of topics. 2 hours.

Thursday, April 16, 2009 (encore Friday, April 17, 2009)

Host Betty Cornett talked with Larry and Lis Taylor of The Honoured Place of Townsend, Georgia. The Honoured Place is a home for troubled and misplaced women. Larry and Lis shared their vision of feeding women spiritually and nutritionally. 30 minute interview in the two hour program.

Tuesday, April 21, 2009 (encore Wednesday, April 22, 2009)

Hosts B.J. and Camy Arnett talked with author Dawn Meehan (*Because I Said So*) about how women are to raise their children. Also, Kathi Macias shared on how to overcome a hardened heart and author Tracy Kemp of Austell, Georgia (*Abused, Confused, Misused*) shared on ways women can overcome low self-esteem and abuse. 2 hours.

Thursday, April 30, 2009 (encore Friday, May 1, 2009)

Host B.J. Arnett talked with Nancy Burgess of Heart and Soul Ministries about her work in helping to encourage pastor's wives. 30 minute interview within the two hour program.

Tuesday, June 9, 2009 (encore Wednesday, June 10, 2009)

Kim Gravel was the host of this edition and she talked with Michelle Helms of Driven to Encourage Ministries of Woodstock, Georgia about an upcoming women's conference.

Monday, June 15, 2009 (encore Tuesday, June 16, 2009)

Minister Veta Blanding shared with host B.J. Arnett about Hopewell Missionary Baptist Church's "Women of Hope" women's conference and what they strive to accomplish through this gathering. 30 minute interview within the two hour program.

Tuesday, June 16, 2009 (encore Wednesday, June 17, 2009)

One segment featured host Jennifer Hughes talking with Reann Ring of Dacula, Georgia about the women's ministry called Sensational You. 30 minute interview within the two hour program.

Wednesday, June 17, 2009 (encore Thursday, June 18, 2009)

Host Shelley Hendrix (Church 4 Chicks) talked with Cindy Chenier of Atlanta, Georgia about how she overcame domestic violence. 30 minute interview within the two hour program.

Babbie's House

Mondays at 12:00 p.m. and Weekdays at 5:00 p.m.

This half hour series is produced by WATC TV 57 and features award-winning gospel music singer/songwriter Babbie Mason and her guests.

Monday, May 18, 2009 at 5:00 p.m.

Bobbie Kern shared about her pregnancy center work and her ministry to women in this half hour program.

Monday, June 1, 2009 at 5:00 p.m.

Author Ann Platz discussed her latest book on Esther and how that can be used to empower women today.

TV 57 Presents

Various times throughout the schedule

These half hour specials are produced by WATC TV 57 and features host Jennifer Schuchmann talking with guests on a wide variety of subjects. In May, two specials were aired aimed at educating women. Thelma Wells shared about her work in women's ministry and the need to encourage women. Tamara Lowe is a successful businesswoman and motivational speaker who shared tips to help women (and men) become more successful. 30 minutes.