

Yenny Stromgren

Podcast host, podcasting tutor and public speaker

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### BIO

Yenny Stromgren is a podcast host, podcasting tutor and public speaker who lives in Noosa, Australia. Originally from Sweden, Yenny first travelled to Australia in 1999 to study photography. She worked as a photographer in Melbourne for 10 years where she started a family and honed the craft of storytelling through images.

Although she was passionate about photography, a series of life changes caused Yenny to look for more positivity from her personal and professional life. She wanted to feel happier, and she wanted to know what made other people happy too. Using her camera as a point of connection, she began to approach joyful people around her and asked to take their photograph. As well as taking their pictures, she recorded interviews with them. The photos were displayed as an exhibition and the interviews became her first podcast, *Everyday Light Warriors*, a channel where she shares people's life stories and self-care hacks, all in the name of inspiring others.

Yenny's second podcast, *Noosa Stories*, is a place where business, beach and community meet. Both *Everyday Light Warriors* and *Noosa Stories* are on Apple iTunes Podcasts.

In conjunction with producing her podcasts, Yenny also runs podcasting workshops for individuals, groups and businesses on the Sunshine Coast. Her online podcasting course, *Learn How To Podcast*, has trained students from all over the world and is available for people to access any time, anywhere.

When Yenny is not working, you can usually find her hanging out with her boys at one of Noosa's beautiful beaches, dreaming of building a tiny house on wheels or just hanging out with friends, laughing and enjoying life to the fullest!

Topics Yenny likes to talk about:

#### PODCASTING

- Why you should start a podcast
- How she became an accidental podcaster
- How to podcast on a budget (but still sound like a rockstar)
- How to harness your passion and use it to make your podcast soar
- Why your everyday passion is potential podcasting gold
- How to find your niche to find your perfect tribe

#### BUSINESS

- How podcasting can grow your business
- Why it's important that today's businesses 'tell stories'
- How to network (and why you definitely should)
- Why you should put as much energy as possible into building your network (and how to do it)

#### LIFE IN GENERAL

- Life purpose
- Gratitude
- The importance of speaking through your heart, in both business and personal life
- What it was like growing up in a small village in Sweden and how she ended up in Noosa
- Why being uncomfortable is actually a good thing that can make you grow as a person

YENNY IN THE MEDIA:

[Noosa Today](#)

[Sunshine Coast Daily](#)

[CQ News](#)

[Noosa News](#)

PODCASTS YENNY HAS BEEN A GUEST ON:

[Date Like A French Woman](#)  
[Twelve Minute Convos Podcast](#)  
[The Jennifer Timmins Podcast](#)  
[The Gratitude Podcast](#)  
[Should I Start A Podcast](#)  
[Ideas Architect Podcast](#)

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YENNY'S ONLINE COURSE:

[LEARN HOW TO PODCAST - from idea, creation to launch](#)

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