

# PORTFOLIO

QUIET STORMS PODCAST

25 OCT 25  
SHAMSA SEEMBA  
DR. CHINYEAKA OGADIMMA

# Table of Contents

<b>TOPIC SELECTION RATIONALE</b>	<b>03</b>
-----	
<b>RESEARCH NOTES AND SOURCES</b>	<b>04</b>
-----	
<b>EPISODE OUTLINES AND SCRIPTS</b>	<b>05</b>
-----	
<b>PRODUCTION PROCESS REFLECTION</b>	<b>06</b>
-----	
<b>IMPROVEMENTS FOR THE FUTURE</b>	<b>07</b>
-----	
<b>TECHNICAL DETAILS</b>	<b>08</b>
-----	

# Topic Selection Rationale

I carefully chose each topic for Quiet Storms because each one is something I have personally experienced. These themes—such as self-confidence, perfectionism, and mental health—are deeply interconnected, and each one can impact the others in profound ways. My personal journey through these issues has given me a unique perspective, and I wanted to bring that understanding to my podcast.

I've spent time following people who discuss these topics, which only deepened my interest and awareness. By sharing these themes, I hope to create a space where people realize they are not alone, even though discussing mental health and personal struggles can be challenging in our Arab, Gulf, or specifically Emirati society. Often, we hesitate to speak up, fearing judgment or misunderstanding, but my aim is to break through that barrier. I want my listeners to feel understood and supported, knowing that many people, including myself, have felt the same way.

# Research Notes and Sources

To enrich each episode of Quiet Storms with real-world expertise, I conducted an unscripted interview with Dr. Hamid Alhaj, a psychiatrist, and Safa Abdul Jawad, a clinical psychologist. These professionals provided valuable insights that added depth to my podcast, sharing their knowledge on mental health topics in a conversational and spontaneous setting. Their responses brought an authentic and expert perspective, helping to ground the discussions in real-life experiences.

Below is an outline of the key sources and notes for each episode:

- **Episode 1:** Fake It Till You Make It – Building Self-Confidence
  - Sources: Psychology articles on confidence-building and expert input from Dr. Hamid Alhaj and Safa Abdul Jawad on the importance of self-confidence in mental health.
- **Episode 2:** Perfectionism – When Trying to Be Perfect Is Too Much
  - Sources: Research on perfectionism, including its psychological impact, supplemented by insights from Dr. Alhaj and Ms. Abdul Jawad on managing unrealistic standards.
- **Episode 3:** Depression – Understanding the Silent Struggle
  - Sources: Information on depression from mental health articles, along with personal reflections and expert advice from the interviews to emphasize the importance of seeking help.
- **Episode 4:** A Restless Mind – How to Calm the Chaos
  - Sources: Studies on mindfulness, journaling, and calming techniques, with supporting views from Dr. Alhaj and Ms. Abdul Jawad on managing mental restlessness.

These research materials, combined with the expert insights from the interviews, provided a strong foundation for each episode, making the content both informative and relatable for listeners.

# Episode Outlines and Scripts

Each episode of Quiet Storms follows a structured outline that guides listeners through the main topics while incorporating expert insights and personal reflections.

## **Episode 1: Fake It Till You Make It – Building Self-Confidence**

- Introduction: Introduce the concept of "fake it till you make it" and how it can help build self-confidence.
- Main Points: Discuss the idea of acting confidently to develop genuine confidence, share personal reflections, and expert insights.
- Conclusion: Encourage small steps outside comfort zones.

## **Episode 2: Perfectionism – When Trying to Be Perfect Is Too Much**

- Introduction: Explain perfectionism and its impact.
- Main Points: Discuss stress, self-criticism, and insights from experts.
- Conclusion: Emphasize progress over perfection.

## **Episode 3: Depression – Understanding the Silent Struggle**

- Introduction: Define depression and its societal stigma.
- Main Points: Share reflections on support and expert advice.
- Conclusion: Reassure listeners on seeking help.

## **Episode 4: A Restless Mind – How to Calm the Chaos**

- Introduction: Describe managing an overactive mind.
- Main Points: Mindfulness, journaling, and expert guidance.
- Conclusion: Encourage trying calming techniques.

# Production Process Reflection

One of the main challenges I faced in creating Quiet Storms was arranging interviews with the doctors, given their busy schedules and different locations. For example, Safa Abdul Jawad, the psychologist, was in Dubai near Marina Mall, which made it a long journey to meet her in person. Despite the logistical difficulties, I was able to conduct the interviews and bring valuable insights to the podcast.

Another significant challenge was the noise from airplanes passing over my house every few minutes. Recording at home meant I had to pause frequently due to airplane noise or strong winds, which disrupted the recording process. Additionally, I faced difficulties in reducing background noise during editing in Adobe Audition, especially when dealing with the airplane sounds.

Balancing the audio levels was also a complex task. I needed to ensure that my voice, the voices of Dr. Hamid Alhaj and Safa Abdul Jawad, and the background music all had the right volume levels. Finding the appropriate decibel level for each audio track took time and required careful adjustments to maintain clarity and flow.

These experiences taught me a lot about the technical and logistical aspects of podcast production. Although it was challenging, I gained valuable skills in managing sound quality, noise reduction, and audio balancing, which will be useful in future projects.

# Improvements for the Future

In future podcast projects, I would plan for alternative recording locations to avoid external noise issues, like airplane sounds, that affected the audio quality in Quiet Storms. Additionally, I would explore more advanced noise reduction techniques in Adobe Audition to ensure cleaner audio. Improving my skills in audio balancing is also a priority, as finding the right volume levels across different voices and background music took considerable time. Lastly, I would like to experiment with adding more structured interview questions while still allowing space for spontaneity, to create a smoother flow and avoid potential digressions.

# Technical Details

- **Software Used:** Adobe Audition for editing, including noise reduction and audio balancing.
- **Audio Resources:** Used sound effects and background music from Envato and Artlist to enhance the podcast's ambiance.
- **Recording Equipment:** Zoom H6 microphone, Jmary MT35 mini tripod.
- **Recording Environment:** Recorded in a quiet setting in my bedroom, with minimal background noise from family members. The setup included only the microphone and laptop, creating a focused atmosphere to help achieve the desired tone and immersion for the podcast.

