

THE
Griot's
REMEDY

Greetings,

I am launching a podcast (the first of 3 planned) that I believe is not only an absolutely wonderful combination of all that I do and am, but allows me to find a delightfully literary way to offer life insight and life coaching. THE GRIOT'S REMEDY is scheduled to launch April 4th, at 3pm on the Buzzsprout Podcast Platform. THE GRIOT'S REMEDY takes short fiction, excerpted fiction, short theatre scripts and excerpted theatre scripts and puts the struggles of the characters, the themes beneath the words, the essence of truth in the stories under the microscope of a panel. That panel includes a life coach, a therapist and me. Each of us will bring our perspectives in conversation, while giving some strategic points for whom respective segments might resonate with. The show will also feature calls to action that inspire further intimate examination. Shows will be pre-recorded, but I will be available to respond to comments when each show airs.

I'd love for you to take this journey with us through advertising support. We are offering 30 second commercials within the show and the opportunity to post a graphic and brief introduction to your business in social media posts.

- Commercials are \$45 each.
- Social media post (one per show air day) are \$35 each.
- Commercials with one social media post per show air day are \$65 each.

Graphics must be provided pre-designed. Commercials may be provided pre-recorded; however, if you are unable to do so our producer and create your commercial for an additional \$45.

We would appreciate your support. All items to be part of the April 4th premiere date but be in by March 20th. Feel free to share this with other creative or entrepreneurs you believe are looking to reach a mature woman audience who have experienced, rebound, rebooted, and trusted in the thickest of life.

E. Claudette Freeman

SEASON ONE EPISODES

Episode 1 - HER HEART'S DANCE

A wooden front porch is the camera capturing the story of a love that went away, and a heart so broken it has not healed and seemingly cannot do so decades later. Ann wears her sorrow like a burning salve against her skin.

Episode 2 - TEARS OF A CLOWN

She thought her heart and life would be safe with him. She met him at church after all. But the words I DO opened an invitation to disregard, disrespect, and physical abuse. The words "til death do us part" ring as a promise in her soul as she faces the demon she swore to love.

Episode 3 - SMOOTH LIKE BATTER

Paige has run home to the grandparents who helped raise her. She has done so because she believes her marriage is in trouble. Wisdom to Paige and young wives unfolds through her grandmother as she bakes and questions the nature of Paige's assumption, and the reason she is in their home and not her own attending to her marriage.

Episode 4 - HAPPY BIRTHDAY BABY

Young, in love, pregnant without planning to be so. What does a woman do when the idea of motherhood clashes with her lovers unexpressed emotions for her and where he sees their relationship.

Episode 5 - THAT DAMN KNOCK

Afternoon seductive trysts serve as the backdrop for a professional woman who has crossed the line, sharing not only a bed, but the sorrow that is her marriage with a client. Hidden away in a room-by-the-hour she is faced with her truth knocking on her door.

Episode 6 - THIS IS NOT YOUR HOUSE

Luke pastors a popular church which demands a lot of his time, serving diligently with him is his wife, Vicki. Their smooth sailing life is erratically disturbed with Luke's ex-wife appearing from a time of psychiatric hospitalization and joins the church where she was once the first lady. In this scene, after making her presence known, Barbara decides to meet the child she believes should have been hers.

SEASON ONE TEAM

HOST – E. CLAUDETTE FREEMAN



E. Claudette Freeman is an award-winning playwright, former radio professional, author, Certified Life Coach through The Blend Academy and serves as a writing coach, editor and publisher through her companies Pecan Tree Publishing and Pecan Tree Creative Services. She launched the companies after 24 years in South Florida radio, split evenly between news/talk and gospel formatting. Her journalistic skills in writing and producing the documentary HAITIANS: A FORGOTTEN PEOPLE led to her garnering a Special Recognition award in the Associated Press' Annual competition. Her stage works have been featured at the Chattanooga Black Arts and Letters Festival, the National Black Theatre Festival, the Women's Theatre Festival of Memphis and the Atlanta Black Theatre Festival. She has penned 12 plays and 10 books including two collections of journals. She is the mother of one son, and doggie grandmom to Dolce.

WEENA WISE, LCFT, PCP - PANELIST



Weena Wise is a Licensed Couple and Family Therapist, Certified Professional Coach, clinical writer, and public speaker in the D.C. Metropolitan Area. She is the owner of Covenant Counseling & Consulting and Covenant Coaching Academy. With over 15 years of experience helping individuals, couples, and families achieve the personal and relationship results they desire, Weena has earned the reputation of being a foremost authority on relationship repair. Her clinical advice is currently featured in over 15 mainstream media publications, such as NBC News, Huffington Post, MSN, Insider, and USA Today. Weena speaks to local, national, and international audiences about relationship education, trauma recovery, and the role of spirituality in modern-day relationships. Visit weenacullins.com/shop to purchase her in-home session series, schedule an appointment, or book Weena for your next event.

RENEE ODRICK - PANELIST



Renee' D. Odrick is a Board-Certified Professional Life Coach, Counselor, Author, & Meditation & Mindfulness Trainer. She holds an MBA in Business Management & Organization and has over 30 years of experience as a business professional with expertise in relationships, training, leadership, caregiving, and organization. She is the CEO of Meditational Moment Inc. and Meditational Academy, which is a virtual, mobile movement that has been established to counsel, educate, train and

inspire all individuals to incorporate meditation in their lives as a catalyst for God-alignment. As a sought-after speaker Renee' has been noted as a voice of influence and encouragement for those needing to push pass complacency into a place of purpose and destiny. Renee's Life Mantra is "LET NOTHING INTERFERE WITH YOUR PEACE" Renee is a committed wife and partner to her husband of 32 years, Terrence Odrick Sr. They have 4 amazing young adult children, 2 loveable grandbabies and 2 adoring dogs. Connect with Renee' @ www.meditationalmoment.com for bookings & appointments. Join the Meditational Moment Facebook Group and check out our Social Media – Instagram Page– @MeditationalMoment

MJ SMITH – EDITOR/PRODUCER



MJ Smith is a dedicated radio professional. MJ studied Broadcast Journalism at Broward College in Fort Lauderdale, Florida. He launched his career at WLRN Public Radio in Miami, before taking on the afternoon drive show at the Stellar Award-winning radio station, Gospel AM 1490 WMBM. MJ is an energetic and sought-after Master of Ceremonies for an array of events and is active in several professional radio and gospel music industry organizations.

THE CAST



Regina Hodges, is an award-winning playwright, actress, director and producer of theater and film and has been in the entertainment industry for over two decades. She has penned, directed, and produced several stage productions, and co-wrote the short film, *No Longer Bound* (2021). She is a recognizable face in regional and national commercials, as well as several films. She is the author of a new book, *Hello Mom, It's Gigi*.



Lamar Hodges, was bitten by the acting bug more than a decade ago and since then has taken the stage in numerous theatre productions, starring in shows written by his wife, Regina Hodges, as well as being part of The W Theatre Company Ensemble. No stranger to film, Lamar Hodges is also known for performances in [The Company of Sons](#) (2021), [To Each His Own](#) (2018) and [Cake: The Series](#) (2020).



Toni Tenaj began performing over 30 years ago in the heart of Brooklyn, New York when she discovered her passions for dance, theater, music, and fashion. Toni is a writer, director, producer and stage manager and has co-produced various plays and skits. She has had lead roles in several productions in the South Florida area as well as tv commercials and film in South Florida and Atlanta.



Margarette Joyner, is a brilliant actress, director and former founding executive director of The Heritage Theatre Ensemble Company in Richmond, VA. She has starred in, produced and directed more than 30 plays during her theatre career. In 2023, she won a coveted readers' series spot in the National Black Theatre Festival for her piece Message from The Ancestors. She currently serves as the Visiting Assistant Professor of Costuming at the Charlotte College of Arts and Architecture.

Joseph Cray is a budding photographer and author in South Florida. He dabbles with the stage, performing with local theatre companies.

A LITERARY PODCAST WITH A TWIST!

Where fiction mirrors real life and everything is up for discussion!





HOST
E. CLAUDETTE FREEMAN
Author, Award-winning playwright, publisher



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Board-Certified Life Coach, Counselor, Author, & CEO of Meditational Moment Inc. and Meditational Academy.



WEENA WISE
Licensed Couple & Family Therapist, CEO Covenant Counseling & Consulting Academy



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TUESDAYS 3pm (ET)

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