

Hi there and welcome to Searching For Better . I'm Giulia and I'm the blogger behind searchingforbetter.net, which is now the podcast. Searching For Better is all about exploring ideas on how to find our path in life and to live it wholeheartedly. So welcome to our show and I really, really hope you enjoy it.

Hi there and welcome to the Searching For Better podcast. My name's Giulia and I'm from searchingforbetter.net. I'm, I'm really, really excited to be here. Thank you for being here for our very first episode. This episode is just a really short one. I just wanted to go through what this podcast is about to give you an idea on what we're going to be covering and what we're going to be going through. Yeah, as we progress. So Searching For Better was a project that I started when I was a carer for my brother.

Uh, he was battling brain cancer and at the time I just, I always loved writing, so I really wanted an outlet where I could write about personal development, and that sort of area of things. I've decided to start this podcast because I just really wanted a space where I could talk about personal development, but in a different way. I've obviously learned a lot through the three and a half years that I've watched my brother battle brain cancer. I've changed as a person. The things that have helped me have changed. I really thought that a podcast would be the perfect way to really reflect those changes and get that content across. Okay. So getting straight to the point, Searching For Better is all about finding your path. And I think an important part of Searching For Better is also finding your path when you are lost, when you feel like you don't know where you're going.

Whether that's because of grief, break up a divorce, an illness, anything. I really wanted to explore the simple and really authentic ideas on how we can either recreate our path, get back on path, find a new path, for ourselves, and to live it wholeheartedly. Meaning to find courage, to live it every day, to have the courage to set boundaries, to find our voice, to stick to the things that we want to stick to, find our passions and have the courage to really just live it. So that's what Searching For Better is all about. And I'm really, really excited to get started on the first few episodes. Though they will be covering grief. I'll be telling my own personal story and some things that I've learned through grief. The reason I'm covering that, which is such a big topic to cover first is because I really did find, as Sheryl Sandberg described it as the elephant in the room. It's often a topic that we have information on and resources, but it's avoided, forgotten.

I've especially found grief for siblings as a challenging topic to find help on. So I really, really wanted to cover that first and go through my first few months of grief and as well as cover the things that have helped me and that haven't really. And then as I go along, I'll be covering lots of different things again about finding our path, about living wholeheartedly and also about covering other people's journeys on their paths and how they have adjusted, shifted and found a life that's true to them. Thank you so much for being here for my first episode. I'm really, really excited to be here. I can't wait to get the next few episodes out. I hope you are too. And if you want to check out searchingforbetter.net there's a whole bunch of content that I've written up there, but until then, I'll see you in the next episode.