

**DON'T LET  
THE OLD  
MAN IN**



**THE WISDOM VAULT**

**DON'T LET  
THE OLD  
MAN IN**

WITH  
**POD O'SULLIVAN**

The image is a promotional graphic for a podcast. On the left, there is a black and white close-up portrait of an older man with glasses and a goatee, looking slightly to the right. The background is a light gray gradient. In the top right corner, there is a logo consisting of a stylized 'V' followed by the text 'THE WISDOM VAULT'. A large blue speech bubble graphic is positioned in the center, containing the title 'DON'T LET THE OLD MAN IN' in white, bold, sans-serif capital letters. Below the speech bubble, the text 'WITH POD O'SULLIVAN' is written in black, bold, sans-serif capital letters.

### What is the podcast about?

**Don't Let The Old Man In** brings you real and candid conversations about your midlife years with some of the wisest experts in their field.

Hosted by Pod O'Sullivan, whose lifelong fascination with transitions fuels each conversation, every episode will explore ways to take charge of your health, to divorce well, to reinvigorate your sex life, to find ways to life your spirit, to join new communities, to laugh, to cry if needed, to change perspectives, and most importantly, to ensure your second act is even better than the first.

### Why this podcast?

Don't Let The Old Man in is for men who are navigating all that midlife brings. We meet you where you are, and help you walk forward with clarity, confidence and courage to live gracefully or even disgracefully, but always on your own terms. We believe that midlife can hard, confusing and sometimes even lonely. But it can also be an opportunity to write the next chapters of life in a way that suits every man. But this is not just a rah-rah exercise. This is a series stepped in quality research, useful information and a healthy dose of humour.

### THE HOST

Pod O'Sullivan has been fascinated with transitions and personal reinventions for most of his life. His career has seen him in the medical industry, in sales and marketing, consulting industries, being self-employed, being an entrepreneur who successfully sold businesses, being an educator at Sydney Business School, an author, an Executive Coach to 100's of CEO's all over Asia, a podcaster, the owner of a failed tech start up and now the co-founder of The Wisdom Vault and host of this podcast. His 'Brady bunch' family with his wife Carole, taught him many lessons and helped him lose all his hair!

### Who are our typical guests?

We meet with ordinary men living extraordinary lives who share their struggles and successes.

We talk with leading experts and authors to tap into their wisdom.

And we meet with the odd celebrity to hear what the second half of life is treating them.

### What are some of our potential interview areas?

- Learning to grow beyond our current work and title into what is next
- Learning to navigate relationships when they change and evolve
- Developing resilience and a more mindful, positive mindset
- Exploring healthy ageing and well-being
- Developing enough wealth that brings security and freedom of choice
- Giving back and making a positive difference
- Leaning into community groups and shared experiences
- Defining what matters most for you, now and into the future

### THE FORMAT

The show is designed for long format interview, (up to an hour and a half). But content is more important than episode length. If a conversation is helpful and enjoyable, we will continue!

That might be one guest or could be a panel having one conversation.

Episodes are released weekly as part of a series. Each week we release the guest episode followed by a 'reflections episode' which has Pod's reflections on the interview plus tips for implementing the guest's insights.

This is a video and audio-based podcast for Apple, Spotify, YouTube, and shorts for Facebook and Instagram.

**DON'T LET  
THE OLD  
MAN IN**

## WHAT WE NEED FROM YOU

---

### Pre-podcast call

A week to 10 days out from recording, Pod would appreciate half an hour of time to discuss the interview, potential questions and to say hello!

### Recording time

Each podcast takes approximately 90 minutes.

### Our studio

We have a beautiful purpose-built recording studio at Suite 36, 26-32 Pirrama Road, Jones Bay Wharf, Pyrmont, Sydney

### Share your episode

We love people from far and wide to hear our podcasts, and social is the best way to spread the word. We'll tag you in some of the posts when we launch, please share them with your network. You might also find some of our general content on social good enough to share!

We thank you in advance.

### CONTACT US

 [enquiries@dontlettheoldmain.com](mailto:enquiries@dontlettheoldmain.com)

 +61 417 863 324

 [dontlettheoldmanin.com](http://dontlettheoldmanin.com)

 Suite 36/22 Pirrama Rd  
Pyrmont NSW 2009