What is it about?

A podcast for aspiring career executives seeking to balance work, life, and home.

Each 30-minute episode brings honest conversations with high-level leaders who are also present parents. We talk about identity shifts, real trade-offs, and leadership beyond the title. It's not about balance. It's about showing up with purpose for your team and your family.

Why it matters? Leadership That Shows Up

Most business podcasts focus on profits. Parenting pods focus on family. CEOs & ABCs is where the two collide. It's not about balance; it's about being intentional with both. Real stories from executives raising families while leading companies.

Who's listening?

People looking for...

- *Strategies to lead without burning out*
- *Honest stories about parenting while in senior roles*
- *Tools for integrating work and family intentionally*

Core Themes

- Career Growth Without Burnout
- Intentional Parenting
- Work-Life Integration
- Vulnerability & Real Talk
- Modeling the Life You Want

Tone & Voice

Grounded, honest, human
Real and polished
Empathetic + thoughtful
Inclusive tone (not just "dad" or "mom" content)

CEOs & ABCs PODCAST

Why it Works

Each episode goes beyond career accolades to reveal how today's top executives navigate identity shifts, trade-offs, and growth, at work and at home.

TOP RATED

Real Leaders. Real Conversations.

Jeff Jenkins
CMO & Father

Deena DePhilips
CIO & Mother

Arne Arens
Former CEO & Father

Jenna Bromberg
CMO & Mother

Derek Gaskins
Head of Guest XP & Father

Melissa Grady-Dias
Former CMO & Mother

30-60 min
Tight, high-impact format

100%
Guest Execs are parents or caregivers

100%
Unscripted, Unrehearsed Interviews

Curious who's next?

Explore the full guest lineup