CEO & ABC PODCAST

Jeff Jenkins
CMO, Carter's

EP 1 - 30 minutes

Leadership, Fatherhood, and Life-Changing Moments

Themes:
Intentional parenting, career transitions, confidence, leadership, and emotional intelligence.

Episode Snapshot:
Jeff Jenkins shares a pivotal parenting experience that reshaped his career and he discusses the challenges of leading iconic brands while balancing family life, the importance of rituals, and leadership lessons from coaching kids, risk-taking in marketing, and overcoming impostor syndrome to build confidence.

Why it resonates:
A heartfelt, high-energy episode blending career insight with vulnerable stories about fatherhood, identity, and the pursuit of meaningful success.

Signature Moments:
- Coaching kids as leadership training
- "Make your own lane"; redefining career confidence

Derek Gaskins
Head of Guest XP, BP

EP 2 - 36 minutes

Authentic Leadership, & Strategic Parenting

Themes:
Authenticity, purpose, inclusion, fatherhood, boundaries, legacy, career mobility, self-awareness

Episode Snapshot:
Derek Gaskins shares his journey to authenticity, shedding code-switching and honoring his Southeast DC roots. He highlights purpose-driven leadership, strategic parenting, and family time. Fatherhood has enhanced his empathy and leadership, offering insights on legacy, intention, and creating welcoming homes for children.

Why it resonates:
A wise, deeply human conversation about leading with heart, navigating major choices, and building a family life rooted in presence and purpose.

Signature Moments:
- Saying "no" to protect what matters most
- Creating space for people to be themselves

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JENNA BROMBERG

CMO, Papa Johns

EP 1 - 30 minutes

Building a Career You Love Without Losing Yourself

Themes:
Career momentum, motherhood, emotional storytelling, leadership development, support systems, adaptability.

Episode Snapshot:
Jenna Bromberg shares her experiences in high-velocity marketing, focusing on campaigns like Carter's "Hello Optimism." She discusses balancing motherhood with executive leadership, the mentors who shaped her career, and the importance of self-compassion during transitions, and how parenting improved her leadership skills while intentionally aligning career with her values.

Why it resonates:
A refreshing and emotionally honest look at ambition, motherhood, and designing a career that feels both meaningful and sustainable.

Signature Moments:

- How attitude and initiative create career momentum
- Parenting lessons that strengthen leadership

Melissa Grady-Dias

Former CMO, Cadillac

EP 9 - 59 minutes

Motherhood, Ambition & the Mosaic of Life

Themes:
Return-to-work after maternity leave, identity evolution, boundaries, purpose

Episode Snapshot:
Melissa Grady-Dias opens up about the emotional journey of returning to an executive role after becoming a mother, the sacred rituals that anchor her family life, and the values that guide her through leadership's most demanding seasons.

Why it resonates:
A deeply human exploration of how motherhood reshapes leadership, purpose, and presence.

Signature Moments:

- Protecting bedtime as a non-negotiable ritual
- Reframing ambition through the lens of meaning
- How reflection fuels personal growth

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ARNE ARENS

Former CEO, The North Face

EP 10 - 51 minutes

Leadership, Presence & the Evolving Meaning of Success

Themes:
Conscious parenting, resilience, purpose, leadership evolution, family dynamics, career transitions

Episode Snapshot:
Arne Arens reflects on the personal and professional experiences that shaped him; from a formative upbringing to raising children with health challenges. He and Kevin explore how leadership shifts from ambition to service, why presence becomes a parent's most meaningful currency, and how success evolves as kids grow older.

Why it resonates:
A powerful look at how parenting reshapes leadership philosophy, expands empathy, and shifts what truly matters across a career.

Signature Moments:

- The role of upbringing in shaping leadership style
- Resilience as a choice during life's hardest seasons

Deena DePhilips

CIO, Red Robin

EP 13 - 42 minutes

Presence Over Perfection: Leadership After Burnout

Themes:
Motherhood, burnout recovery, boundaries, focus, leadership evolution, fluidity, empowerment

Episode Snapshot:
Deena DePhilips shares the raw reality of stepping into the CIO role five weeks postpartum and the crash that followed when the old "workhorse" mindset no longer worked. She and Kevin explore how mother-hood reshaped her leadership, and how she rebuilt her life around presence and fluidity.

Why it resonates:
A vulnerable, practical blueprint for anyone balancing ambition with new parenthood, burnout recovery, or a major career shift.

Signature Moments:

- Trading perfectionism for presence
- Moving from doer to strategist by empowering your team