

What is a podcast?

The term podcast comes from a combination of iPod and Broadcast. Thus, it is a broadcast that is created to be listened to on a digital device of some kind: iPod or other MP3 player, SmartPhone, iPad or other tablet, or computer. A podcast can be entertainment, music, drama, sermon, health, business, or other coaching information. It is an MP3 file just like any song that you may listen to – only much larger.

When you subscribe to my blog, you can simply listen by clicking the Play button embedded in the blog post. However, you may want to listen away from your computer.

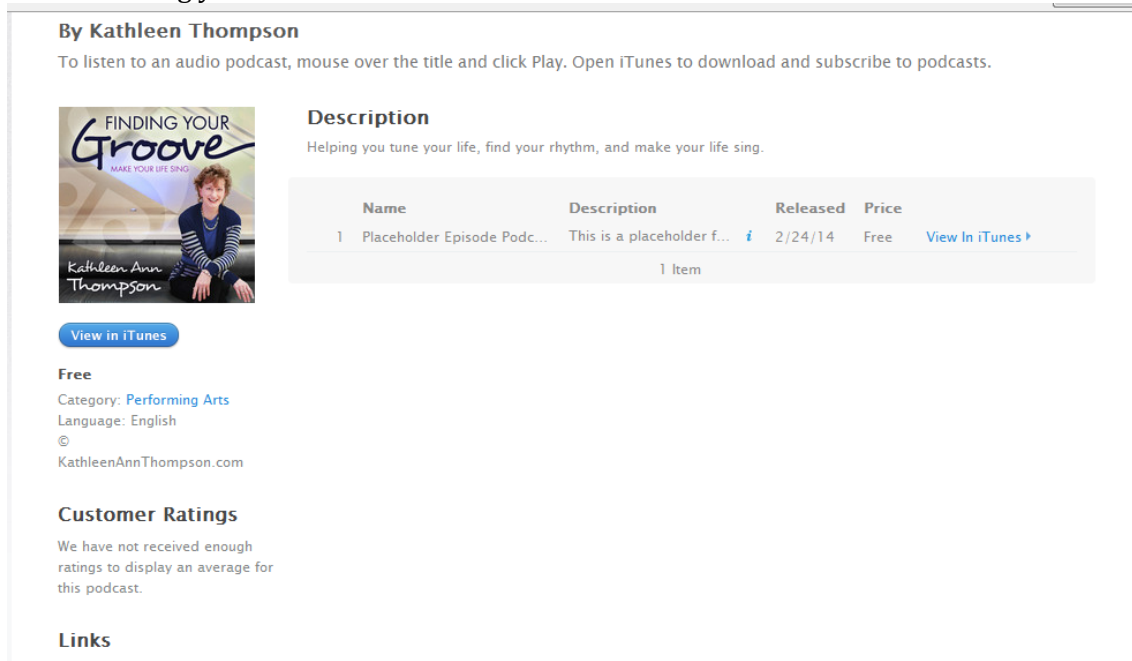
You can subscribe to podcasts and have them automatically delivered to your MP3 player for you to listen to whenever you wish. Or you can go out and listen from a site like iTunes or Stitcher. If you have a SmartPhone or Tablet, you can install an app that will collect these podcasts for you.

Subscribing in iTunes

You must have an iTunes account and have iTunes on your device.

Go to this link: <https://itunes.apple.com/us/podcast/finding-your-groove-kathleen/id829978911>

That will bring you to this screen



The screenshot shows the iTunes interface for the podcast 'Finding Your Groove' by Kathleen Thompson. At the top, it says 'By Kathleen Thompson' and provides instructions: 'To listen to an audio podcast, mouse over the title and click Play. Open iTunes to download and subscribe to podcasts.' Below this is a large image of the podcast cover, which features the title 'FINDING YOUR Groove' and the subtitle 'MAKE YOUR LIFE SING' along with a photo of Kathleen Ann Thompson. To the right of the cover is a 'Description' section with the text: 'Helping you tune your life, find your rhythm, and make your life sing.' Below the description is a table with columns for 'Name', 'Description', 'Released', and 'Price'. The table contains one entry: '1 Placeholder Episode Podc...' with a description 'This is a placeholder f...', a release date of '2/24/14', and a price of 'Free'. There is a 'View In iTunes' link next to the price. Below the table, it says '1 Item'. On the left side of the page, there is a 'View in iTunes' button. Below the button, it says 'Free', 'Category: Performing Arts', 'Language: English', and '© KathleenAnnThompson.com'. At the bottom, there is a 'Customer Ratings' section that says 'We have not received enough ratings to display an average for this podcast.' and a 'Links' section.

By Kathleen Thompson
To listen to an audio podcast, mouse over the title and click Play. Open iTunes to download and subscribe to podcasts.

FINDING YOUR Groove
MAKE YOUR LIFE SING
Kathleen Ann Thompson

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Category: [Performing Arts](#)
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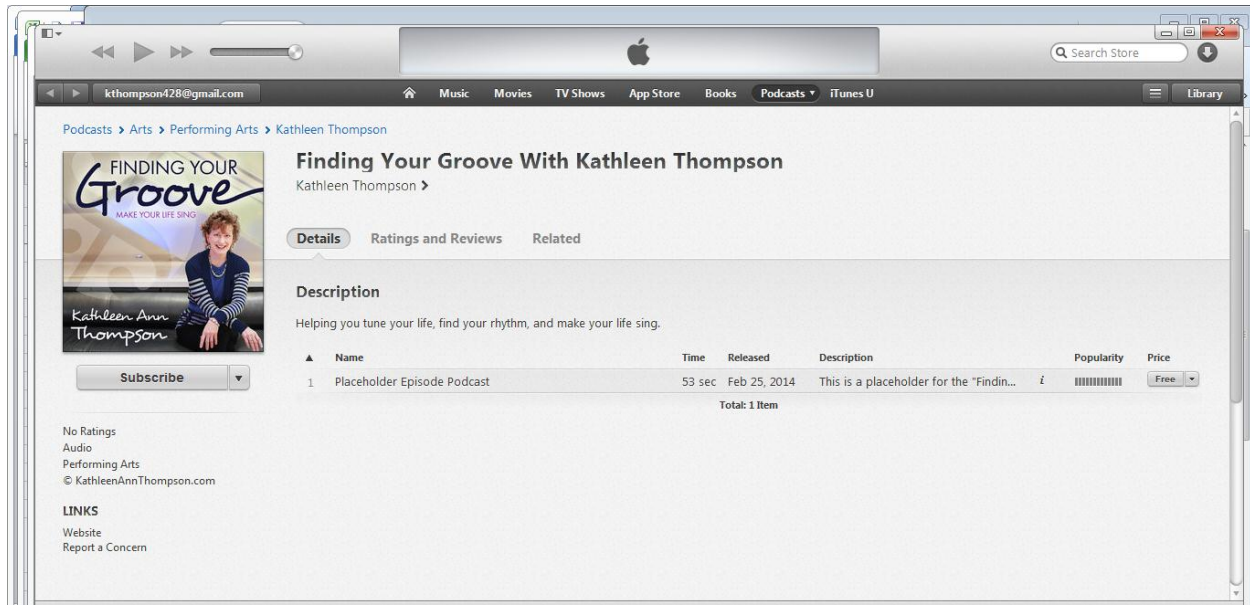
Description
Helping you tune your life, find your rhythm, and make your life sing.

Name	Description	Released	Price
1 Placeholder Episode Podc...	This is a placeholder f...	2/24/14	Free View In iTunes

1 Item

Click the button that says “View in iTunes”

That opens this window in iTunes



Click the Subscribe button just underneath the photo.

To **share this podcast** with someone else, click the drop-down arrow just to the right of the Subscribe button. That will give you these share options: Tell a Friend, Share on Twitter, Share on Facebook, Copy Link (allows you to manually e-mail someone).

To **leave a review**, click on Ratings and Reviews. It will display an average of the ratings thus far, and give you a button to click to leave your own review.

Subscribing in Stitcher

Go to this link: <http://www.stitcher.com>

Get the app on your phone or tablet.

Once inside the app, go to My Stations. Search for Finding Your Groove and then subscribe there. New episodes will be available the day they come up.

Alternatively, you can use your computer and bookmark this link:

<http://www.stitcher.com/podcast/kathleen-thompson/finding-your-groove?refid=stpr>

Subscribing via RSS

RSS is a feed that will collect content to a reader that allows you to scan to see what you are interested in. One of the more popular RSS readers is Feedly.

Go to Feedly.com. You can log in with an existing Social Media account or create a separate login.

Once you have your account created, go to this link:

<http://feedly.com/index.html#subscription%2Ffeed%2Fhttp%3A%2F%2Fkathleenanthompson.com%2Ffeed%2F>

You will see this screen:

Kathleen Ann Thompson +feedly thleenannthompson.com

— 1 readers

JUL 15

What Labels Do We Wear?
Did you ever read the book "The Scarlet Letter" by Nathaniel Hawthorne? I read it in high school. Although my high school career was many years ago, one of the lessons in this book made a deep and lasting impression on Kathleen Ann Thompson / by k1thompson / 19d hide // save

JUL 14

Update to "Why Integrity Matters"
Last week I wrote a blog post about why integrity matters. In that post I cited the example of Johnson and Johnson during the 1982 Tylenol scare. I also cited the recent National Speakers Association re-branding to Platform. | Kathleen Ann Thompson / by k1thompson / 19d

JUL 04

Why Integrity Matters
This week the National Speaker's Association announced a new brand for their organization called "Platform". That word sounds appropriate for a speaker's organization, and we can all understand why the acronym for the Kathleen Ann Thompson / by k1thompson / 30d

Powerful add-ons

- Power Search
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- Pocket Integration
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Please leave a review in iTunes or Stitcher.

A written and starred review will help to move the podcast up in the ratings so others can find me. There are many podcasts out there, and more reviews will move "Finding Your Groove" closer to the top of the list when someone does a search.