



the **FIERCE**
FACTOR

with Kaeli Lindholm

TOP 10
EPISODES OF
2024

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Top 10 Fierce Factor Episodes of 2024

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EP 240

THE 8-FIGURE BLUEPRINT WITH SHELBY MILLER, DNP

If you're looking to understand what it takes to build a sustainable, impactful business that truly stands out, this episode is a must-listen.

2



EP 211

SHIFTING FROM THE DAILY GRIND TO STRATEGIC GROWTH

Discover transformative strategies and mindset shifts to build a sustainable, fulfilling, and lucrative business rooted in clarity and long-term success.

3



EP 164

TAMING THE WILD WEST OF INJECTOR TRAINING INSTITUTES WITH LESLIE FLETCHER RN, MSN, AGNP-BC

Explore the critical role of evidence-based training, clinical competency, and patient relationships in meeting injector demand and building a thriving practice.

Top 10 Fierce Factor Episodes of 2024

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EP 196

INFLUENCE EMOTION TO MOTIVATE ACTION WITH KRISTA DONARGO, SGA

Uncover the challenges with communicating as a woman in business, tips for improving your authentic connection with an audience, and practical strategies for showing up with a more dynamic presence.

5



EP 202

KEEPING YOUR COMPETITIVE EDGE

Kaeli emphasizes the importance of mindset in staying ahead of competition. She shares strategies for differentiation, innovation, and attracting valuable clients.

6



EP 206

THINGS HAPPEN FOR YOU, NOT TO YOU WITH NICOLA LOWREY, MPAP, PA-C

Nicola reminds us that integrity and doing things the right way, even when it's tough, are non-negotiable. Through a collection of powerful stories, she reminds us that *“things happen FOR you, not TO you.”*

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EP 216

STOP WORRYING ABOUT WHAT OTHER PEOPLE THINK

Strategies for mid-year recalibration, including evaluating business growth, refining priorities, and overcoming the fear of others' opinions.

8



EP 201

THE KEY TO SUSTAINABLE PEAK BUSINESS PERFORMANCE

Kaeli discusses the importance of creating a supportive environment for sustainable peak performance in business.

9



EP 212

WHAT YOU NEED TO KNOW BEFORE SELLING TO PRIVATE EQUITY WITH JANELL OCAMPO, DNP, FNP-BC

From deciphering EBITDA to unraveling the mystery of multiples, Janell provides a crash course in preparing your business for its highest potential exit.

Top 10 Fierce Factor Episodes of 2024

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EP 215

ALT RECAP: INSIDE THE MIND OF A FEMALE ENTREPRENEUR

Kaeli reflects on the challenges of leadership, the importance of personal growth, and the hidden struggles that aren't shared on Instagram.

Bonus Must-Listen Episodes



EP 223

ELIMINATE THE BAGGAGE

Imagine if you could hit the “reset” button in your life. How would you do it differently? What would stay? What would go?



EP 231

WE NEED MORE HONEST CONVERSATIONS

Kaeli dives into real, unfiltered discussions about the journey of leadership, personal growth, and the nuances of building a successful business.

FIERCE FACTOR

TOP TEN CHART

MOST DOWNLOADED EPISODES OF 2024

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1	 <p>THE 8-FIGURE BLUEPRINT with Shelby Miller, DNP FIERCE FACTOR 35 min listening</p>	EPISODE 240 THE 8-FIGURE BLUEPRINT WITH SHELBY MILLER, DNP
2	 <p>FIERCE FACTOR 35 min listening SHIFTING FROM THE DAILY GRIND TO STRATEGIC GROWTH</p>	EPISODE 211 SHIFTING FROM THE DAILY GRIND TO STRATEGIC GROWTH
3	 <p>"TAMING THE WILD WEST OF INJECTOR TRAINING INSTITUTES" (PART 1) FIERCE FACTOR 35 min listening LESLIE FLETCHER RN, MSN, AGNP-BC</p>	EPISODE 164 TAMING THE WILD WEST OF INJECTOR TRAINING INSTITUTES WITH LESLIE FLETCHER RN, MSN, AGNP-BC
4	 <p>INFLUENCE EMOTION TO MOTIVATE ACTION FIERCE FACTOR 35 min listening KRISTA DONARGO, SGA</p>	EPISODE 196 INFLUENCE EMOTION TO MOTIVATE ACTION WITH KRISTA DONARGO, SGA
5	 <p>FIERCE FACTOR 35 min listening KEEPING YOUR COMPETITIVE EDGE</p>	EPISODE 202 KEEPING YOUR COMPETITIVE EDGE
6	 <p>THINGS HAPPEN FOR YOU, NOT TO YOU FIERCE FACTOR 35 min listening NICOLA LOWREY, MPAP, PA-C</p>	EPISODE 206 THINGS HAPPEN FOR YOU, NOT TO YOU WITH NICOLA LOWREY, MPAP, PA-C
7	 <p>FIERCE FACTOR 35 min listening STOP WORRYING ABOUT WHAT OTHER PEOPLE THINK</p>	EPISODE 216 STOP WORRYING ABOUT WHAT OTHER PEOPLE THINK
8	 <p>FIERCE FACTOR 35 min listening KEEPING YOUR COMPETITIVE EDGE</p>	EPISODE 201 THE KEY TO SUSTAINABLE PEAK BUSINESS PERFORMANCE
9	 <p>WHAT YOU NEED TO KNOW BEFORE SELLING TO PRIVATE EQUITY FIERCE FACTOR 35 min listening JANELLE OCAMPO, DNP, FNP-BC</p>	EPISODE 212 WHAT YOU NEED TO KNOW BEFORE SELLING TO PRIVATE EQUITY WITH JANELLE OCAMPO, DNP, FNP-BC
10	 <p>FIERCE FACTOR 35 min listening ALT RECAP: INSIDE THE MIND OF A FEMALE ENTREPRENEUR</p>	EPISODE 215 ALT RECAP: INSIDE THE MIND OF A FEMALE ENTREPRENEUR