

The Bad-Ass Dad Pod Press Kit Fact Sheet

About The BAD Pod

The Show

Episodes of The BAD Pod present an ongoing narrative of Ryan Dunn's quests towards living a full, enriching life as a middle-aged man. Ryan rejects the idea that his best days have already passed. As such, he seeks to transform his life into a representation of being bad-ass physically, financially and relationally.

Ryan developed three specific goals for his quests: he wants to dunk a basketball for the first time (physical quest), he wants to get out of debt (financial quest), and he wants to end complacency in his personal relationships (relational quest). Episodes of The BAD Pod provide tactical ideas for advancing towards those goals.

As host, Ryan talks with field experts who provide advice on quest advancement. He also shares his own discoveries and experiences in questing towards the badass life.

The Details

Website: thebadpod.com

Email: ryan@thebadpod.com

Download/Subscribe

Show episodes are available for direct download at thebadpod.com. They are also available on most podcast platforms, including Apple Podcasts, Google Play and Spotify.

Apple Podcasts:

<https://podcasts.apple.com/us/podcast/the-bad-ass-dad-pod/id1464363598>

Google Play:

<https://play.google.com/music/listen?u=0#/ps/lg2qq2dwshkmiu4rzjbe33ksdqa>

Spotify:

<https://open.spotify.com/show/3iiY7FJLDI4hjNGR7Vyxke>

Schedule

Episodes release every Wednesday, with an alternating rhythm of long-form interview episodes and short-form solo episodes.

Social Media

Facebook: <https://www.facebook.com/badassdadpod/>

Instagram: @thebadpod

The Production

The Bad-Ass Dad Pod went live in May of 2019. Most downloaded episodes include “Training Inspiration with the Over the Hill Dunker” (an interview with Andy Nicholson, released in August of 2019), “Detoxing our masculinity with Mike Joseph” (an interview with Mike Joseph of the Detoxicity Podcast released in March of 2021), and “Practicing positive thinking” (solo episode released in February of 2021).

Past Guests of Interest

- John Stewart, middle-aged American Ninja Warrior
- Andy Nicholson, middle-aged dunker
- Jeff Sanders, host of the 5AM Miracle podcast and productivity junkie
- Joshua Shea, pornography addiction expert.

The Creator

Besides being a husband and father, Ryan volunteers his time as a Scout leader. He is originally from suburban Chicago and now resides in Nashville, Tennessee. By day, he works as a content creator, giving life to the Rethink Church brand and the Compass Podcast. He is ordained in the United Methodist Church, has a Bachelor’s degree in English from the University of Iowa and a Master’s degree in Christian Practice from Duke Divinity School. Ryan received awards for his work on a multi-site experiential marketing tour and for the Compass Podcast. He has experience in on-air radio production, content management, sports writing, sermon presentations, coaching, and Twitter trolling (for good).

Reviews and Quotes

“Love this show. Always keeps me interest and always look forward to new episodes.” Apple Podcasts review by HelloandNo

“Just finished episode 1 about relationships and I’m already hooked. Glad to follow this journey with Ryan.” Facebook review by Justin C

“I’m not a target demographic for this show, being neither a Dad nor aspiring for self improvement. However Ryan (the host) is such a smart, relatable, and thought provoking host that I just get sucked in. Glad I got hooked early, because I’m excited to watch this show evolve.” Apple Podcasts review by boo-dog