

# ANTHONY QUIÑONES

PODCAST HOST/GUEST | AUTHOR | SPEAKER | MEDIA PERSONALITY

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Anthony Quiñones (keen-yo-nezz) holds a Bachelor of Science degree in Accounting and has spent more than 30 years working in the insurance, media, nonprofit, startup and political spaces. During the Great Recession, he pivoted into writing and coaching, authoring two books – *The Brandpreneur Beginners Guide,* to help new entrepreneurs and *Repackaging Is Everything,* to help people to repackage their content. He became interested in how people reinvent their careers, businesses, finances and personal lives, eventually coaching others through major transitions.

Most recently, he has expanded his reinvention concept through his Create Your New Normal platform. Through his podcast, masterclass and accelerator he inspires people to successfully reinvent themselves by **pivoting from their A** (where they are now) **to their B** (where they want to be). He also writes and speaks about frameworks for personal transformation, including "The 5 S's of Reinvention" and the role of identity shifts in creating a new chapter in life. His view of reinvention isn't just about changing jobs; it involves rethinking identity, priorities, skills and purpose.

## INTERVIEW TOPICS:

- Reinventing Yourself
- Career Development
- Midlife Transition
- Personal Branding
- Entrepreneurship

## PODCASTS:


















## SAMPLE QUESTIONS:

- Why is reinvention your only form of "life insurance" and what is the cost of NOT having it?
- What are the 4 things you must identify BEFORE attempting a major life or career transition?
- What are the 3 biggest obstacles to reinvention?
- How do you overcome these obstacles?
- What are "The 5 S's of Reinvention?"
- What is the #1 question you MUST ask yourself?
- What is the biggest mistake you can make when you're looking for a new job/career path or new business?

## SOCIAL PROOF:

*"I really enjoyed my conversation with Anthony! So much of what he shared about reinvention and creating a new normal resonated with me personally. He was insightful, authentic and an outstanding guest. I highly recommend him!"*

**Lee Jones,** Host of Hindsight the Podcast

*"It was a pleasure speaking with Anthony. He was knowledgeable, authentic and shared practical perspectives that added great value to the discussion. I truly enjoyed our conversation."*

**Ifeanyi Emmanuel,** Host of Human Enough

*"Anthony Quiñones was an exceptional guest whose insight and experience made for a truly inspiring conversation. We explored career reinvention, navigating life's unexpected transitions and creating new opportunities with confidence and purpose. Anthony shared practical wisdom that encouraged our listeners to embrace change, adapt with resilience and build their own 'new normal.'"*

**Freeborn Igie,** Host of Freedom Unlocked

*"Great conversation with Anthony! I really enjoyed my conversation with Anthony on Creating Your New Normal. He is an engaging and thoughtful host who creates an easy, natural environment for a meaningful conversation. I especially appreciated his genuine interest in helping listeners grow, move forward and intentionally create their own new normal. Great host, great conversation ... highly recommended!"*

**Ted Kopecko,** Author, *Finding Joy - The Journey of You*

## READY TO BOOK ANTHONY:

Email at aquinones@qballmedia.com.