



# THE RESILIENCE DIARIES

Stories and Strategies to  
Cultivate Courage



with Leslie McCaddon

New  
Podcast  
COMING  
SOON!

**The Resilience Diaries** will be more than a podcast—it will be a community of hope for those navigating life’s storms. With a focus on authentic storytelling, actionable insights, and heartfelt connection, this show inspires listeners to embrace their challenges as opportunities for growth. Every episode is a reminder that resilience is not just about surviving but diving deep and allowing our adversity to inspire transformation and strength. Through meaningful conversations and relatable stories, *The Resilience Diaries* encourages listeners to uncover their inner power and rewrite their journeys into the heroic tales they truly are.

## UPCOMING TOPICS

- Resilience during family estrangement when you never saw it coming
- Navigating chronic illness and caretaking in midlife
- Overcoming creative and career rejection without losing your spark
- Is it fair to label military kids as “resilient?” What IS fair?
- Losing a spouse young and how to ignore everyone’s advice

## Where to read Leslie’s writing:

[An Army Suicide Widow Remembers Robin Williams With a Smile](#), *TIME Magazine*

[Other TIME articles by Leslie](#)

[I’m A Widowed Single Mom, And I Don’t Need Your Dating Or Parenting Advice](#), *Scary Mommy*

# ABOUT LESLIE MCCADDON

## Life Coach, Writer & Military Mental Health Advocate

- Certified Life Coach through Brooke Castillo's Life Coach School, member of Community of Writers (formerly "at Squaw Valley")
- Advocate for military family members and mental health after losing her Army Captain husband, Mike, to suicide.
- Published writer featured in TIME, Scary Mommy, Her View From Home and elsewhere including "An Army Suicide Widow Remembers Robin Williams With a Smile." featured in TIME's tribute magazine after the actor's passing.
- Frequent Podcast guest on the topics of grief, parenting and military family life.
- Experienced nonprofit leader, organizing veteran-focused events and raising funds for veterans experiencing homelessness.
- Speaker at national conferences and retreats sharing her journey in order to inspire hope and healing.



Please feel free to reach out with any questions.

## HEAR LESLIE ON THE FOLLOWING PODCASTS

"Each one of our voices -- all of our stories-- are important." - Holding Down the Fort Podcast

"Even I was surprised by the inner strength that came when it was needed."  Love and Parenting Through Childhood Leukemia - A Story of Hope! On Think to Thrive Podcast

...and others (see [LeslieMcCaddonCoaching.com](http://LeslieMcCaddonCoaching.com))

**Want to be our next guest  
or invite Leslie to your  
group or podcast?**

# GET IN TOUCH!

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