

Digital Marketing Analysis of Uncoverwithdale Podcast

The data analysis for the podcast Uncover with Dale, reflects mental health and emotional wellness. The podcast focuses on PTSD, coping mechanism and recovery. The top themes are mental Health, Faith and veteran/first responders.

3-month Digital Analysis

Theme Category	Number of Posts
Mental Health / Emotional Wellness	28
Faith / Spiritual Growth	22
Veteran / First Responder Support	20
Life Lessons / Perspective	12
Community / Empathy / Kindness	10

The highest engagement post with likes and views tend to be military focused and faith. Unique selling proposition (USP) would be to focus on military and faith. 60% of post focus on the why for emotional wellness, faith, empathy and support. There is a 40% focus on the resources for veterans and coping skills. The podcast would do well to focus more on veterans and interact with the audience.

Theme Post-

Mental Health / Emotional Wellness Compartmentalizing for 30 Years Left Me Empty
#emotionalhealth #vulnerable– Retired officer reflects on personal cost of career habits

Faith / Spiritual Growth Chesterton Proves These Two Faiths Can Actually Unite #Catholicism
#Baptist #FaithJourney– Discusses bridging faith traditions


Veteran / First Responder Support Discharged Badly? Chicago Has a Program for You #veterans
#addictions #shorts– Helps veterans access mental health support regardless of discharge status

Life Lessons / Perspective I Was Special Until I Wasn't #LifeLessons #Humility – Jail experience teaches that life can change instantly

Community / Empathy / Kindness/Real Empathy: Beyond Platitudes in Crisis #RealHelp
#CommunitySupport – Advocates for tangible assistance in disaster situations

Uncoverwithdale Podcast
Published by OpusClip post · November 24, 2025 ·

Who stops to ask a homeless person, "How are you?" They're human, just like us. Some face addiction, but many struggle with mental health, PTSD, or veteran status. Don't walk away. Be human. Accept people as they are, understand them before you judge. #Homelessness #MentalHealth #Kindness #Community #Empathy



0:17 / 1:21

See insights and ads [Boost reel](#)

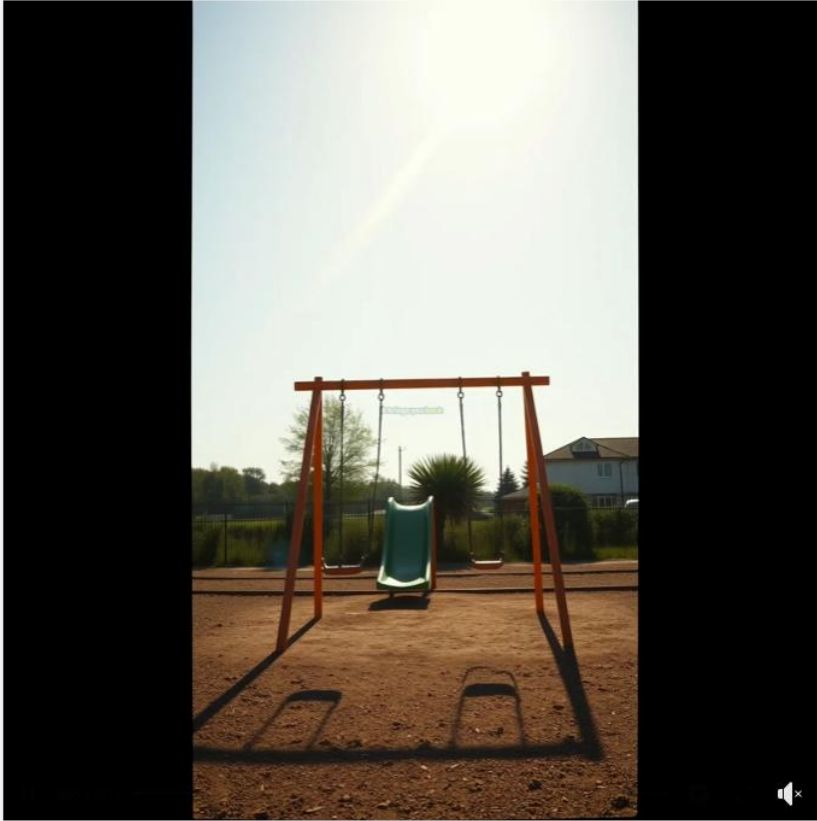
Figure 11.24.2025 Addiction Podcast



Uncoverwithdale Podcast

Published by OpusClip post · October 31, 2025 ·

Ego can prevent people from understanding how they should feel. It brings one back to the feelings felt as a child before programming. People don't quite understand thi... See more



See insights and ads

Boost reel

2

Like

Comment

Share

13 views

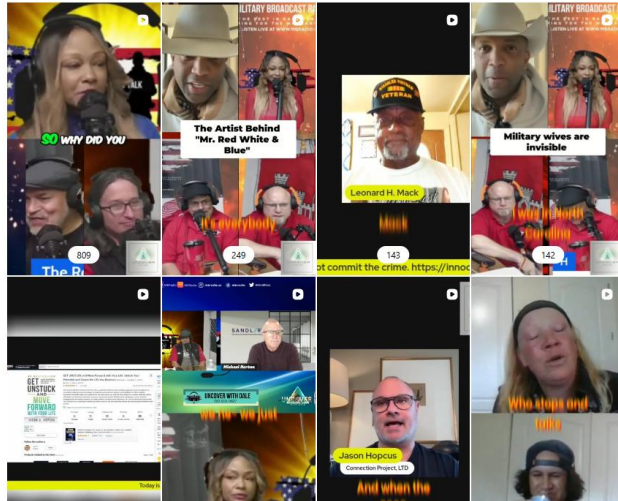
Figure 210.31.2025 Police Podcast

Professional dashboard

Insights Ad tools

Content insights

Reels Views Highest



- X
- Home
- Explore
- Notifications
- Chat
- Grok
- Premium
- Bookmarks
- Creator Studio
- Articles
- Profile
- More

Post

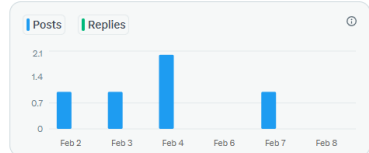
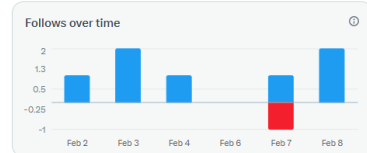
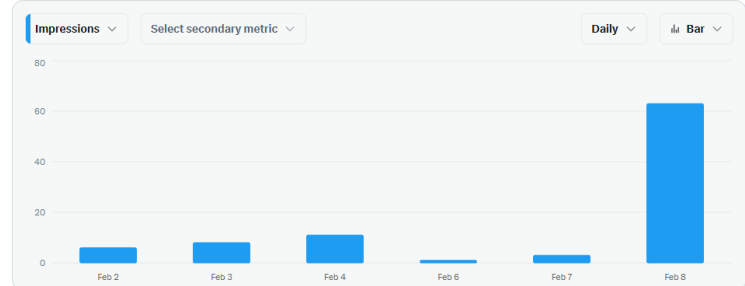
Uncoverwithdale @Uncoverwithdale

Analytics

Overview Audience Content Video Live Spaces

Account overview

7D 2W 4W 3M 1Y



Verified followers 27 / 127	Impressions 92 ↑ 142%	Engagement rate 10.8% ↑ 37%	Engagements 10 ↑ 233%	Profile visits 0
Replies 0	Likes 3 ↑ 200%	Reposts 0	Bookmarks 0	Shares 0

Figure X analytics overview

Uncoverwithdale  @Uncoverwithdale · Nov 3, 2025

The movie Navy SEALs features intense action, but the inclusion of a paramedic on their team stood out to the viewer. It was then that the viewer was fully invested in the story. [#movies](#) [#paramedic](#)



0:12 We rented the movie
Leadership Coach | Author-<https://warriorside.org/>

Figure 311.3.2025 Military podcast



pt...

Figure 42.5.2026 Police Podcast



Your channel
UncoverwithDale

- Dashboard
- Content
- Analytics**
- Community
- Languages
- Content detection
- Earn
- Customization
- Audio library
- Settings
- Send feedback

Overview Content Audience Trends

Jan 10 - Feb 6, 2026
Last 28 days

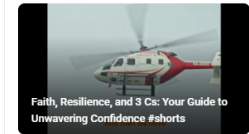
Your top content in this period

Content	Average view duration	Views
1 Soldiers Came Home Broken: What the Army Didn't Tell Us #PTSD #IraqWar Jan 30, 2026	0:20 (47.1%)	762
2 From Baptist to Catholic: Chesterton's Unifying Faith Journey #shorts Feb 2, 2026 Recent upload	1:11 (41.8%)	435
3 The Emotion Hack Nobody Tells You About #SelfAwareness #EmotionalIntellige... Jan 21, 2026	0:13 (114.4%)	354
4 Jerusalem: Where Faiths Collide & C.S. Lewis Speaks! #shorts Jan 22, 2026	0:09 (38.3%)	291
5 Active Duty Mental Health Treatment That Stays Off Your Record #Military #Ment... Jan 23, 2026	0:11 (16.0%)	267
6 Compartmentalizing for 30 Years Left Me Empty #shorts #emotionalhealth #vuln... Feb 4, 2026 Recent upload	0:17 (20.3%)	255
7 The Childhood Quality That Opens Every Door #shorts #faith #transformation Feb 1, 2026 Recent upload	0:08 (26.9%)	233
8 Control Your Thoughts, Control Your Life: Here's How! #shorts Jan 28, 2026	0:10 (50.6%)	222
9 Jerusalem: Where Faiths Collide & C.S. Lewis Speaks! #shorts Jan 22, 2026	0:10 (41.6%)	217

Podcasts

- Uncovering with Dale Podcast
Updated 4 days ago · 141 views
- Recent Episodes
Updated 7 months ago · 219 views

Latest content



First 9 hours 54 minutes

Great job! Your views are higher than usual.

Views 224 ↑

Average percentage viewed 7.2% ↑

Likes 0 ✓

[See video analytics](#)

1 of 10

Figure 5 YouTube analytics overview



-  Like
-  Dislike
-  0
-  Share
-  Remix

Figure 6 Military Podcast

YouTube Premium interface showing a video player. The video title is "How Chesterton Now just to backtrack a little bit, you were raised Baptist & Catholic Faiths". The video features Dale Ahlquist, who is identified as "BAPTIST". The video content shows a man (Dale Ahlquist) speaking in front of a bookshelf. The video player includes standard YouTube controls (play, volume, full screen) and interaction buttons (Like, Dislike, Comment, Share, Remix). The video is from the channel @daleedmonds. The video description starts with "From Baptist to Catholic: Chesterton's Unifying ...". The video player also shows a yellow banner at the bottom with the text "Gilbert Keith Chesterton, one of th".

Figure 7 Faith podcast



Iraq

@daleedmonds

Soldiers Came Home Broken: What the Army ...

Sources:

X (Twitter) analytics data for @Uncoverwithdale (last 90 days). Retrieved from the X account analytics dashboard.

YouTube Studio analytics data for UC9f92U9c5EGwB51Ze5OqyRA (2024–2026). Retrieved from YouTube Studio content dashboard.