



THE | URBAN | MIXTA

# BLOG, THE URBAN MIXTA

A monthly newsletter featuring all things Coleman Global!

Welcome to “Blog, The Urban Mixta”, a monthly newsletter for all things Coleman Global. This month, we’re featuring our podcast station, [WDON1204.com](http://WDON1204.com), and the amazing hosts who bring you new episodes on the first Monday of each month. **#TakeBackMondays**

Let’s start with a definition:

**Urban Mixta** = *A multi-talented human. Usually highly intellectual, creative, and musical. Can be very attractive and smooth. Does not adhere to the status quo.*

In other words, I’m a renaissance man. I started my company, Coleman Global, out of a desire to help others find and achieve their purpose, with the caveat that I’ve never worked anywhere that has allowed me an opportunity to capture all of my talents and gifts in one place.

Our hashtag, **#TakeBackMondays**, came about from our belief that no day should be wasted or presumed to be bad/horrible! We have the power to make every day a great day, and Mondays are indeed the beginning of what could be an amazing week!

For April 2024, in Volume 1 of our new eZine, we chose to highlight the podcasts and amazing community work being done through our podcast station, [WDON1204](http://WDON1204), which was created in honor of my late father, Rev. Donald L. Coleman, Sr.

Rev. Coleman was a Vietnam Veteran, who went on to run a non-profit organization for 30 years after his decades of service in the United States Army. In his spare time, my paw was a gospel radio DJ, spinning old school gospel songs with the hopes of ministering through music to the masses.

W= The Call Letter

Don = Rev. Coleman’s first name

1204 = Timothy’s time of birth

We hope you enjoy our monthly newsletter, which will be available on the first Monday of each month! Find out more about us [@ColemanGlobal](https://twitter.com/ColemanGlobal)

*Timothy Coleman*  
Founder/CEO, Coleman Global

Our mission is to create a safe space for community members worldwide to share their unique stories. Our podcasts are posted on the first Monday of each month. #TakeBackMondays

Our podcast hosts are passionate professionals who engage community members from all over the world in meaningful conversations where they share, learn and grow together. In the following pages, you will learn more about their history, and passion for bringing their voice to the World through podcasting.



## PODCASTS



### THE COLORS OF SOUND

**TIMOTHY COLEMAN, HOST**

A safe place for community members worldwide to share their unique stories. We cover all topics, in a respectful and engaging way.



### ONE OF TWELVE

**GHYLIAN BELL & TIMOTHY COLEMAN, HOSTS**

Finding your tribe is essential. Learn how to navigate your purpose with truth, support and love.



### I LOVE WINE & DOGS

**HEIDI HUEBNER & TIMOTHY COLEMAN, HOSTS**

Celebrating great wine, loving pets and those who are doing great things in the community.



COMING SOON

### LETTERS FROM MY FATHER

**TIMOTHY COLEMAN, HOST**

Wisdom, Faith and Mentorship. A Father writes his son. The son reads his letters for the World.

# MEET OUR PODCAST HOSTS

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Timothy 'StoneDancer' Coleman

Timothy 'StoneDancer' Coleman is the Founder/CEO of Coleman Global, parent company to WDON1204.com. Through his company, he expresses his art through podcasting, writing books, and creating original songs for hopeful placement with major artists.

Timothy is a songwriter with Sony Music Publishing, with a song placement on a Grammy Nominated Jazz/Funk Album. He performed the role of 'Benny' in RENT and 'Jack' in Jekyll and Hyde, both on Broadway. During his time traveling, he spent 2 years working on some of the worlds most notable cruise ships performing his one-man show, "A Tribute to Nat King Cole", with a 7-piece band.

Timothy has been working in under-served communities in New York City for 25 years. Much of his time has been as a non-profit leader, where he has created original programming for intergenerational audiences ranging in age from Pre-K/3K to older adults in their 80's. His original program, "My Passport to the World" received over \$10M in funding from city agencies, and was then adopted by the NYC Public School system under the name "Passport" where it lives today in many of the 1700 elementary schools around New York City.

With his book, "The Colors of Sound: A Podcast Planner and Journal", Timothy works in multiple communities teaching the art of storytelling through podcasting.

By Day, Timothy works as the Director of Education for BronxNet Cable Access, where he writes, hosts, and produces 3 TV shows, and teaches the community how to lift their voices and create programming for both TV and YouTube.

# MEET OUR PODCAST HOSTS

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[I LOVE WINE AND DOGS PODCAST](#)



**HEIDI HUEBNER**

Since Heidi was born, she has always loved animals. After retiring from the stage as a dancer and actress, Heidi has been creating humane education programs, therapy dog programs and placing dogs in homes for the last 20 plus years. In 2013 she created and is the Director of the PUP Program (Pets Unstressing Passengers) for Los Angeles World Airports. To date she has assisted 91 airports nationwide and in Canada to start similar programs and continues to consult new clients wanting to start a program.

She graduated with a BA in Communications from Chapman University, in Orange, CA, with a PR emphasis. Previously, she was the Executive Director of the non-profit organization *Kids N Pets*, where she created human education programs for schools as well as reading rooms and animal afternoons, which is pet therapy for senior assisted living facilities.

Heidi consults for TV and Film productions to ensure working dogs and certain specific dog breeds of all kinds are accurately portrayed. She also places ESA/comfort dogs with individuals or family members with varying degrees of anxiety to help them engage in social situations and live life more freely.

From her travels around the world as a professional performer, to the many experiences she's had visiting vineyards around the USA, Heidi has developed a love for sharing great wines. It was a natural step for her to create her podcast, @iLoveWineAndDogs, to bring together her passions of wine, animals and introducing the world to great people who are making a difference in their local communities. Heidi lives with her Husband and 2 dogs in California, which she enjoys very much.



# MEET OUR PODCAST HOSTS

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## 'ONE OF TWELVE' PODCAST



**GHYLIAN BELL**

Ghylian Bell is the Founder and Director of The Urban Yoga Foundation. She has a unique vision to provide culturally competent programs that specifically target the needs of all students, teaching from an historic lens for 20 plus years.

UYF has provided communities with the tools, language, yoga, breathing and mindfulness techniques to incorporate this sacred practice in their everyday lives. UYF also provides a unique teacher training program that reclaims indigenous presence to practice. Creating a curriculum that supports unity, sustainable health practices, personal growth, character development, and creative self-expression.

Ghylian is a community activist, corporate wellness facilitator, international mindfulness educator, keynote speaker and celebrity wellness coach. Her passion is with her community in need teaching and volunteering ready to serve. Private clientele included actress Cicely Tyson, Grammy Award winning musician James Mtume, America Jazz Drummer Tootie Heath, Film Executive Alana Mayo, Former Radio Executive Barry Mayo, Film Director/Producer Tasha and Sidra Smith as well as many others have shared her practice.

# WORKSHOPS

## The Art of Storytelling!

Our workshop helps participants learn the art of storytelling by discovering the basic skills necessary to share their voices and ideas with the world!

We use our book, "The Colors of Sound: A Podcast Planner and Journal" (available on Amazon) to help guide participants through the sessions. The book doubles as a journal so that participants can record their podcasting journey.



## We're an NYC Public Schools Certified Vendor!



### INTRO TO MEDIA: THE COLORS OF SOUND

In order for a podcast to bring about transformational change, the content must be engaging, memorable, and have a level of quality that sets it apart from the crowd.

This digitally inclusive intergenerational media series teaches participants the art of storytelling and podcast production.

#### Participants will learn:

- **Storytelling:** How to develop your ideas
- **Storyboarding:** Structuring the conversation
- **Scheduling:** How to effectively produce an episode
- **Sound:** Overview of audio recording and editing

#### What's Included?

- Each podcast series has 5 sessions. (1 planning session and 4 recording sessions).
- Maximum of 4 participants per session.
- Each session is 60 minutes.
- Each session produces a 20-minute episode.

All episodes are posted on our podcast, "The Colors of Sound" via our podcast station, W.DON1204.com.

#### \*\* BONUS!

Each participant will receive a free copy of Timothy StoneDancer Coleman's book, "**The Colors of Sound: A Podcast Planner & Journal**" to help capture the learning process and plan for future episodes.

Total Cost = \$4,500 per series