

Autism Empowerment: Neurodivergent Creators Collective



Welcome! We will be starting shortly!
Please feel free to introduce yourself in chat

Autism Empowerment: Neurodivergent Creators Collective



Introduction to Voice Over & Podcasting

Autism Empowerment: Neurodivergent Creators Collective



Welcome!!



Accept **Autism** Enrich
Inspire Empowerment Empower



Karen Krejcha Gwyn LaRee

**Autism Empowerment:
Neurodivergent Creators Collective**

Introduction to Voice Over



It's actually inclusive
and it's celebrating us.

**Autism Empowerment:
Neurodivergent Creators Collective**

What do these creators have in common?

- ★ Enthusiasm
- ★ Acting Ability
- ★ Clear Speech
- ★ Professionalism



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YOU can learn all of this!



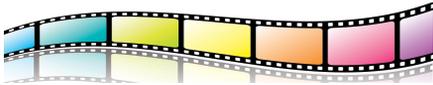
Loop Group

- ★ Group of people working together to provide background noise, off camera comments or group character responses
- ★ Fills in all the background that can not be captured while filming and recording the main actors
- ★ Some groups specialize in certain areas such as: medical, military, law enforcement, etc.
- ★ May even try to match the mouth movements of extras caught on camera during the scene



Animation including Video Games

- ★ ALWAYS a new character that you will help bring to life
- ★ In Animation: Lines are recorded before the project is drawn
- ★ Generally record your lines alone in the studio





Meet Ruby

4. **RUBY**

Specs: A friendly bird, with a very bird-brained scheme
Show Type: Kiff

Why settle for crumbs Gary? Look, right there. They call them...
BAY-GELS! Look at that spread. And the best part is?

THEY HAVE SEEDS ON THEM!!!

I'll go first and Oh- OW! They must have some kind of...force field!
Oof





ADR = Automated Dialogue Replacement

- ★ Most often done by an Actor for a role already filmed
- ★ Used to replace audio from set that isn't clear enough
- ★ May be used to make minor line changes if possible
- ★ "Dubbing" falls into this category





Commercials & Narration

- ★ Most often will sound relatable and trustworthy
- ★ Includes "Announcer" voices - big and excitable
- ★ Will feel like a character to the actor but sounds differently to the audience





Books

- ★ Where most people start while learning Voice Over
- ★ Can make a living from it once established but there are A LOT of scams and a LOT of competition
- ★ You must be really good at "bringing the story to life"
- ★ Requires a professional home studio setup



What is a Podcast? 🎧

A podcast is like a radio show or YouTube video that you can listen to (or watch) anytime on your phone, computer or smart speaker.

- 🎧 Audio-only or video-based
- 📱 Available on apps like Spotify, Apple Podcasts and YouTube
- 🗣️ Hosted by one person, a pair, or a group
- 🎨 Can be funny, informative, personal or serious

💡 **Think of it as your voice, your story, your way.**

[Who here has listened to a podcast before?](#)



The Autism Empowerment Podcast 🎧

🎧 Autism Empowerment Radio & Autism & Scouting Radio (2012)
Reached 150,000+ listeners | 75+ episodes | on hiatus in 2014

🔄 Relunched 2021 with a new name, look and quality
24 episodes published from 2021 - 2022

💖 **Autistic and neurodivergent-led**
Interviews, heart-centered conversations, and stories

🖥️ Available at AutismEmpowermentPodcast.org
Currently being reimaged. New episodes coming later in 2025.





What kind of podcasts are there? (genre)

- 🎨 **Entertainment**
 - 🔍 True Crime
 - 😄 Comedy
 - 📖 Fiction / Storytelling
 - 🎮 Sports / Gaming
 - 🎵 Pop Culture (Music, TV, Films, Reality TV) 🎵

Examples: My Favorite Murder, [Dorktales Storytime Podcast](#)
What's Good Games, Second Player Speaks, Rob Has A Podcast



What kind of podcasts are there? (Genre)

- Informational / Educational**
- News and Current Events
- Investigative Journalism
- Health & Fitness
- Religion, Faith & Spirituality
- Self-Help & Personal Growth
- Science

Examples: Up First (NPR), Serial, Brains On!,
The Liturgists Podcast, Ten Percent Happier, StarTalk



Popular Podcast Formats

- Interview:** Single guests, multiple guests or a panel
- Monologue / Solo:**
One hosts shares thoughts, stories or commentary.
- Co-host conversation:**
Multiple hosts talk casually or on specific topics
- Storytelling** (fiction/nonfiction):
Narrative-style shows, sometimes with sound design or acting



Why Podcast?

- To share your voice and lived experience**
(Your story matters. Podcasting gives you space to be heard.)
- To explore topics you're passionate about**
(Special interests, creative ideas, social issues, or fandoms!)
- To connect with a community**
(Podcasting builds bridges and brings people together.)



Why Podcast?

- To teach, learn or advocate**
(Podcasts can educate, raise awareness, or inspire action.)
- To empower others—and yourself**
(Your voice might be just what someone else needs to hear.)
- Because you don't need to be perfect—just real**
(Podcasting is for everyone, not just professionals.)

You don't need a big platform, perfect voice, or fancy gear to make a difference. Podcasting is one of the most accessible ways to express yourself, build confidence, and connect with others who get it.



What do you need to get started?

What you *Actually* Need to Start A Podcast

- An Idea** - *Your passion, your story, your voice*
- Your Voice** - *You don't need to sound like a radio host*
- A way to record** - *Phone, computer, or external mic*
- Recording software** - *Try Audacity, GarageBand or Descript*
- A Quiet Space** - *Even a closet can work for sound*
- A Place to Publish** - *Spotify for Podcasters, [RSS.com](https://www.rss.com), etc.*



Start Small. Keep it Simple.

Every journey begins with a single step.

- Your phone is enough** - *Record your first episode in a quiet room*
- Practice first** - *Record a test episode just for you*
- Use beginner friendly tools** - *Recording, editing and transcription*
- You don't need to publish right away** - *Build confidence at your pace*
- Done is better than perfect** - *Imperfect voices can still change lives*



What's in a Podcast Episode?

 **Intro** - Greet your audience. Add music if you want!
"Hi, I'm [Name] and welcome to my podcast. In today's episode..."

 **Main content** - Your story, your topic, your guest interview
Focus on one idea per episode for clarity.

 **Call to Action** (optional) - What action would you ideally like your listeners to take? (contract congressman, attend an event, visit a website)

 **Outro** - Summarize key points, thank listeners, ask to subscribe, and sign off with name or slogan, "Thanks for listening! Until next time..."



Episode Tips for Beginners

 **Start simple** - "Hi, I'm _____, and this is my first episode!"

 **Pick a purpose** - What's your goal or message today?

 **Choose a format you like** - Monologue, co-host, interview?

 **Choose a length** - 5 minutes, 15 minutes, 30 or 60—your choice!

 **Think about your audience** - Who are you talking to?

You don't need to sound fancy. Just be you. The first episode is often about introducing yourself and getting comfortable. You can always re-record it later if you want. Your first episode is a brave step and all journeys start with the first step!



How Can You Share Your Podcast?

 **Social Media** - Share on TikTok, YouTube, Reddit, Facebook, LinkedIn

 **Share with your circle** - Friends, family, safe online groups

 **Email newsletters** - Tools like Substack or personal contacts

 **Your community** - AE NCC group, school, orgs, or clubs

 **Add a link in your bio or create a QR code** - Make it easy to find.

You don't need a huge audience to make an impact. Even a small circle of listeners can create connection and change. ❤️



Making Marketing Manageable

Create a routine that works for you and your neurology!

-  **Be consistent with episode drops** - Weekly, monthly, etc.
-  **Batch your content** - Record a few episodes at once
-  **Repurpose content** - One episode = social post, quote, clip, etc.
-  **Create short media clips** - Use tools like CapCut or Descript
-  **Use Canva** - Make simple visuals with your episode title



Monetization — If & When You're Ready

Can You Make Money Podcasting? Yes, but think creatively.

-  **Start with passion, not pressure** - You won't get rich quick
-  **Listener support** - Platforms like Patreon or Buy Me A Coffee
-  **Sponsors or local partners** - For niche or community shows
-  **Merch, courses, services** - Cross-promote other work
-  **Autism Empowerment believes your voice has value.**

This isn't something you have to figure out right away. But when the time is right, your voice and your work are worthy of support.



Wrap up and What's Next?

- You don't need to be perfect to begin.**
Start messy. Start honest. Start where you are.
-  **Podcasting is for everyone. (Listening, guessting, hosting)**
Whether you're sharing stories, interviews or ideas—your voice matters.
-  **Keep learning and practicing.**
Try a test episode, journal your ideas, or record with a friend.
-  **You now have tools to begin!** Good luck and let us know how it goes!



Bonus Reminders! But wait, there's more!

- Make sure to pick up or download a copy of your **free podcast planner and resource guide**. We've included everything to help you take your next steps.

www.autismempowerment.org/aencc

- ☀️ **Please fill out our feedback survey.** With interest, we plan to do follow-up sessions in the future.

Podcasting and voice work are both about expression — and expression is at the heart of community. You are creative. You are capable. We're so excited to see what you make next.



What do YOU think?



Upcoming Workshops:

Introduction to Independent Writing & Publishing

Saturday, July 26, 2025 at 2pm

Brian talks about what it takes to write and self-publish a book.

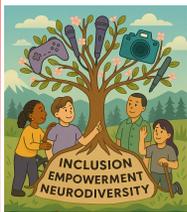
New "Chill & Chat" Zoom Sessions

Starts August 2, 2025 at 3pm

First Saturday of every month.

Join us to share what you are working on, get questions answered or just hang out for a bit!

Take our interest survey to let us know what you are most interested in!





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How to Connect with Us!



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Gwyn LaRee - gwyn@autismempowerment.org



www.AutismEmpowerment.org/aencc



www.facebook.com/groups/aencc



Website QR code
