



GETTING STARTED: Tools To Help You Podcast with Confidence

Your voice matters. Your story matters. And there's space for your podcast in the world.

Please share with us once you publish your first episode! Good luck!

Beginner-Friendly Podcasting Resources:

Here are some helpful tools and platforms to help you get started with podcasting. These are beginner-friendly, free, or low-cost options that work well for both audio and video podcasts. Each website should have tutorials. YouTube also has a lot of helpful resources.

Recording & Editing Tools:

- **Descript** (Free & Paid) – <https://www.descript.com>
All-in-one tool for recording, editing, transcribing, and publishing podcasts or videos. Edit audio and video by editing the transcript (like a Word doc!). Great for beginners and pros alike.
- **Audacity** (Free) – <https://www.audacityteam.org>
Open-source audio recording and editing software. Simple but powerful. Works on Windows, Mac, and Linux.
- **GarageBand** (Free for Mac/iOS) – <https://www.apple.com/mac/garageband/>
Easy music and podcast recording software with drag-and-drop interface.
- **Riverside.fm** (Free & Paid) – <https://riverside.fm>
Web-based platform for high-quality remote podcast and video recording. Records each participant locally for better quality.
- **Zoom** (Free & Paid) – <https://zoom.us>
Simple way to record remote interviews and conversations with video or audio.
- **CapCut** (Free & Paid) – <https://www.capcut.com>
Easy-to-use video editor for creating clips, reels, and visual podcast highlights. Especially great for social media and younger audiences. Available on desktop and mobile.
- **Otter.ai** (Free & Paid) – <https://otter.ai>
Live transcription, searchable transcripts, and AI-generated summaries.

Hosting Platforms (Where you publish your podcast):

- **Spotify for Podcasters** (Free): Record, edit, host, and distribute – <https://podcasters.spotify.com>
- **Podbean** (Free tier): Host and distribute episodes – <https://www.podbean.com>
- **RSS.com** (Free & Paid): Easy-to-use hosting and analytics – <https://rss.com>

Design Tools (Podcast Covers & Graphics):

- **Canva** (Free & Paid): Create podcast artwork and social media posts – <https://www.canva.com>
- **Pixabay & Unsplash**: Free images to use in your podcast design – <https://pixabay.com/> / <https://unsplash.com>
- **Podpage** (Paid): <https://www.podpage.com>

Automatically build a customizable website for your podcast. Easy to use, and the host site for the Autism Empowerment Podcast – <https://www.autismempowermentpodcast.org>.

Where People Listen to Podcasts:

- **Spotify** – <https://spotify.com>
- **Apple Podcasts** – <https://podcasts.apple.com>
- **YouTube** (for video podcasts) – <https://youtube.com>

Learning & Inspiration:

- **Podcasting Step-by-Step** (Free Course by Buzzsprout) – <https://www.buzzsprout.com/how-to-make-a-podcast>
- **The Audacity to Podcast** (Blog & Podcast) – <https://theaudacitytopodcast.com>
- **YouTube: Search for 'Podcasting for Beginners'** – tons of free tutorials
- **Gravy for the Brain** (free and paid) — On demand voice over training. 17 certificated voiceover courses and quizzes. Learn at your own pace and in your free time. Hosted by experts active in the industry.
<https://usa.gravyforthebrain.com/free-stuff/> (Free)

Community & Conferences:

- **Podcast Movement** – <https://podcastmovement.com>

The largest podcasting conference and community in the world. Offers a free newsletter, beginner-friendly webinars, podcasting news, and an inclusive online support network.

AE Neurodivergent Creators Collective Podcast Planner

♥ Use this page to dream, plan, and sketch out your podcast ideas. Your voice and vision matter. We are excited to hear what you come up with!

My Podcast Name

What would you call your show? Be creative or simple—whatever fits you!

I'm passionate about

What topics do you love to talk about? These are great podcast themes.

Who I want to reach (audience)

Who are you hoping will listen and connect with your message?

Possible co-hosts or guests

Anyone you'd love to collaborate with, interview, or bring on?

My first episode will be about

What's something you'd be excited to share first?

My intro or theme music would sound like

Imagine how your podcast starts—calm, fun, upbeat?

How often I'd like to publish (weekly, monthly, etc.)

Weekly? Monthly? Short series? There's no wrong answer—choose what works for you.

Where I might record

Home? A quiet room? Online with friends? Anywhere that feels comfortable.

What makes my podcast unique

Your perspective matters—what sets your voice apart?

My next step after today

One small step to move forward. It could be checking out resources or recording a test!