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# The Headphones Index: 6 Rhody-Focused Podcasts Worth Plugging Into

Guide to Local Podcasts

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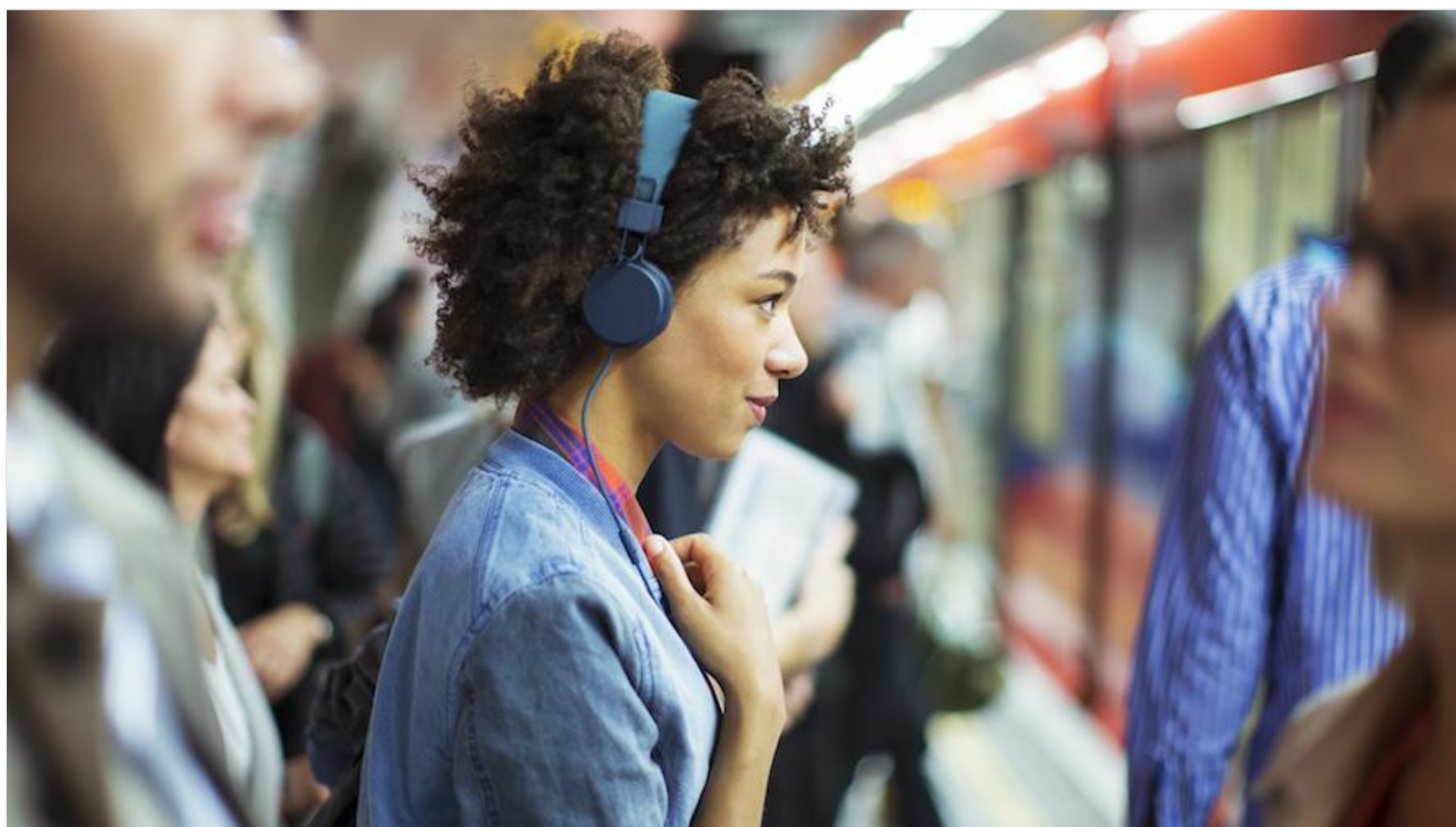


Photo Credit: Paul Bradbury, Getty Images

By Courtney Gabrielson

January 01, 2020, 02:19pm EST

Podcasts are making a name for themselves.

[According to Fast Company](#), there are currently around 525,000 different shows out there producing around 18.5 million episodes.

For the curious spirits among us, having a veritable audio library in one's pocket at all times is a salivating prospect. For others, it's a bit overwhelming, especially if one wants to maximize their professional development with relevant content.

In this guide, we've highlighted some interesting shows and episodes that boast an intersection of both localized and innovation/tech/startup-focused content. If you're interested in thinking outside of the Ocean State, we've also included podcasts with a more general geographic scope that are still on topic.

## Rhode Island

- **WellCast: Small Stories with Big Impact**
- **Who:** Hosted by Melissa Withers, managing director of RevUp Capital.
- **What:** "In this podcast, we explore some of the challenges founders face when bringing new solutions to the market. What happens when a small company tries to partner with a big one? We'll introduce you to two companies that are modernizing maternity and share a few protips for listeners that are building companies today. We hope you enjoy the show!"
- **Start Here:** [Investor ProTip No.1: Why Startups Fail](#)

## **Wicked Rhody**

- **Who:** Hosted by Mary Larsen and Benjamin DeCastro
- **What:** "We want you to know about all the amazing current events, places, food, music, and people of the biggest little state in the union. Whether you are a tourist, or a long time resident who refuses to drive more than fifteen minutes without an overnight bag, we'll have something special in store for you on our show. It's wicked good, wicked fun, Wicked Rhody. Rhode Island 's premiere podcast! Listen each week to hear about events in the Ocean State and Southern New England."
- **Start Here:** Take your pick!

## **The Rhode Pod**

- **Who:** Thomas Chiginsky
- **What:** "The Rhode Pod is a podcast about the innovation and medtech ecosystem in Rhode Island. Produced primarily in interview format the show connects innovators, entrepreneurs and resources."
- **Start Here:** [Episode Six — Abigail Kohler and Greg Fine](#)

## **One Square Mile**

- **Who:** James Baumgartner
- **What:** "About once a year, our newsroom will devote an entire week to award-winning reporting that covers 'one square mile,' somewhere in Rhode Island, from a diversity of angles: politics, education, health care, the economy, its character and history."
- **Start Here:** [One Square Mile: New Bedford's Scallop Industry is Thriving, But is it Sustainable](#)

## **The New England Tech Podcast**

- **Who:** Steve Tiszenkel
- **What:** "Digital answers in Rhode Island, Massachusetts, Connecticut and beyond."
- **Start Here:** [The New England Tech Podcast: Episode 14 \[Virgin Pulse Stakes a Claim in Providence\]](#)

## **Upserve Restaurant Insider**

- **Who:** Upserve
- **What:** "[It] allows restaurateurs to hear about restaurant news, trends and insights from leaders in the industry on the go."
- **Start Here:** [Opening a Restaurant Part #1 with Kristin Canty of Woods Hill Table](#)

## Interesting Miscellaneous Rhody Episodes

- [Here Are The Steps To Go From An Idea To On The Shelf, S12 Ep1](#) || **KillerInnovations**

- [Waterfire Ignites Rhode Island](#) || [AM 790 Talk & Business](#)
- [Episode 2: Joyce May and the 'Little Farmers Market that Could'](#) || [What's the 401](#)
- [EP 34: Networking in Newport](#) || [That Newport Show](#)
- [ALL OF IT.](#) || [Crimetown](#)
- [Take your pick.](#) || [Local Sounds: Providence](#)

### General Innovation/Tech/Startup Podcasts

- [The a16z Podcast](#) — [Andreeson Horowitz](#)
- [StartUp](#) — [Gimlet](#)
- [How I Built This with Guy Raz](#)
- [Masters of Scale with Reid Hoffman](#)

### Still Hungry?

[This](#) and [this](#) roundup of local podcasts and the people behind them, courtesy of Rhode Island Monthly [and more](#), covers everything from sports to music, and even chronicles those shows who, while relatively dormant, still have interesting stories to tell.

## Keep Digging



[Rhode Island Inno Approved: June Tech & Startup Events to Know About](#)



[8 Places to Learn to Code in Rhode Island](#)



[Guide: Public Resources for Building Businesses in Rhode Island](#)



[The Rhode Island Tech Ecosystem at a Glance](#)



[A comprehensive guide to Rhode Island's coworking spaces](#)

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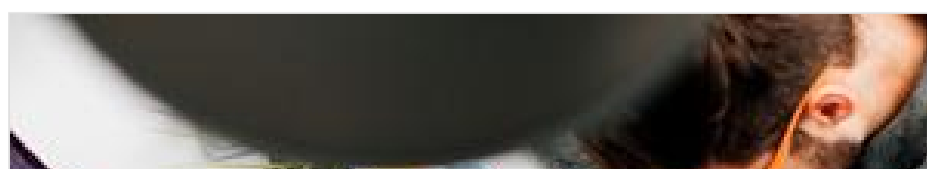
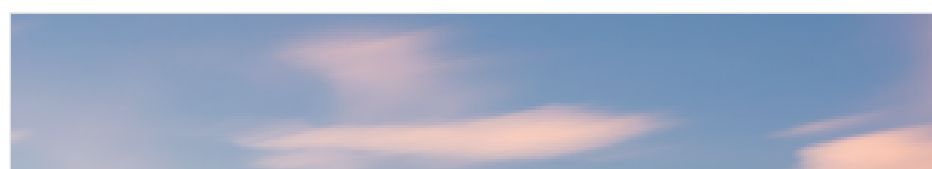
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