

Unmistakable Podcast Explores Burnout, Creativity, and Embodiment

Philadelphia agency Creative Repute hosts somatic educator Lee Fogel on burnout, rest, and sustainable creative work.

PHILADELPHIA, PA, UNITED STATES, October 7, 2026 /EINPresswire.com/ -- Creative Repute, a Philadelphia-based branding and creative agency, has released the newest [episode](#) of its [Unmistakable Podcast](#), in which host Nile Livingston sits down with somatic movement educator and therapist Lee Fogel to talk about burnout, creativity, rest, stress, and learning to listen to your body.

The conversation looks at how a culture focused on productivity can contribute to burnout, and how stress and emotions show up in the body. Fogel explains how becoming more embodied can help creatives and leaders work with greater awareness and sustainability, and shares simple ways to reconnect with yourself during a busy day. The episode closes with a brief guided exercise that invites listeners to slow down, check in with their bodies, and ask: How do I want to feel today?

“

...there's a time to fight and push back against forces, and there's a time to just go with the flow...”

Nile Livingston

“...there's a time to fight and push back against forces, and there's a time to just go with the flow...”

The full episode is available on YouTube, with more conversations at the intersection of creativity, business, leadership, culture, and well-being on the Unmistakable



Nile Livingston and Lee Fogel sit down for a grounded conversation on burnout, rest, and creativity.

Podcast page. Organizations looking for branding, web, or creative support can request a [free quote](#) to start a conversation.

About Creative Repute

Creative Repute is an award-winning Philadelphia-based branding and creative agency offering branding, marketing strategy, video, UX/UI design, web development, and related services to organizations of all sizes. The agency produces the Unmistakable Podcast, featuring conversations with business and community leaders.

Nile Livingston

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