



SHARING THE STORIES AND LIVES
OF MILITARY AND VETERAN
SPOUSES

ABOUT THE PODCAST

Here at The Goode Show podcast, the heart of military life beats strong! This engaging podcast is dedicated to military spouses who courageously share their unique experiences and navigate a world without a rulebook.

Here, we celebrate adaptability, triumphs, and the unbreakable bonds that define our community. Join us as we highlight inspiring stories of resilience, celebrate deep friendships, and champion the successes within our ranks.

We are passionate about supporting small businesses run by military families and providing a platform for their incredible contributions.

Tune in and partner with us for candid conversations, mutual learning, and a shared journey that promises both insight and enjoyment.

Together, we will embrace this extraordinary adventure and amplify the voices of those who make it all possible. Welcome to The Goode Show—where every story matters!

TOP TOPICS

- Military Life
- The Transition
- Physical and Mental Health

ACCOLADES

- #6 out of 40 podcasts in the MilSpouse space in 2024
- Highest rated Sr. Enlisted Spouse Speaker

PLATFORMS

- 35% iTunes, 29% Spotify, and 24% website

AGE | GENDER

- 69.7% 28-34, 18.2% 60+, 6.1% 45-59 years old
- 66% Male, 34% Female



SURINDER GOODE

HOST AND SENIOR ENLISTED MILITARY SPOUSE

Discover Surinder Goode, a dynamic speaker and podcast host based in San Diego.

Originally from England and raised in Scotland, Surinder's journey as a flight attendant led her to a fateful encounter in California, where she met her U.S. Navy husband. In 2002, she boldly founded a successful coffee business serving Naval bases throughout San Diego, CA.

In April 2023, Surinder launched "The Goode Show," a vibrant podcast celebrating military spouses' voices.

Beyond her entrepreneurial spirit, Surinder is a mom of two and has been married for over 25 years. Her husband served 30 years as a SEAL.

Tune in for warmth, wisdom, and inspiration on Apple, Spotify, and Instagram @thegoodeshow.

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