



MIRROR STAGE RELEASES EPISODE 10 OF RIPPLE EFFECT: POSITIVE CHANGE AROUND THE SOUND PODCAST

*Featuring Kechi Amaefule, Executive Director and
Founder of Mothers Influencing Lives Everyday (MILE) on January 28, 2025*

FEDERAL WAY, WA (January 28, 2025) – **Mirror Stage** is pleased to announce the release of episode 10 of ***Ripple Effect: Positive Change Around the Sound***, a podcast highlighting the intersection of storytelling and social change. The tenth episode spotlights Executive Director and Founder of Mothers Impacting Lives Everyday (MILE) **Kechi Amaefule**, and is available now on mirrorstage.org, [Spotify](https://www.spotify.com), and all other major podcast platforms.

"Our goal is to provide a platform for amplifying the historically excluded stories and voices of individual change-makers whose positive impact ripples across Puget Sound," said **Suzanne M. Cohen, Mirror Stage Managing Artistic Director**. "We want ***Ripple Effect*** to not only provide a deeper understanding of local efforts across our community to make the world a better place, but also inspire and empower listeners to take action, and create their own good in the world. Sometimes, it only takes one person to make a difference, and that person could be you."



EPISODE #10: KECHI AMAEFULE

Episode 10 of *Ripple Effect* features **Kechi Amaefule**. Kechi Amaefule is the Founder and Executive Director of Mothers Impacting Lives Every Day (MILE), a nonprofit rooted in the belief that healing and mentorship change lives. A survivor turned advocate, Kechi created MILE to return the very gifts that helped her rise; guidance, community, and unwavering support. Through her lived experience and leadership, she empowers women and BIPOC girls to reclaim their voices, rewrite their stories, and step fully into their purpose.

UPCOMING:

In February, *Ripple Effect* will welcome Executive Director of Entre Hermanos **Edgar Longoria**. A new episode drops on the fourth Wednesday of every month, highlighting a new individual dedicated to positive social change.

FOR EDITORS/PRODUCERS:

ABOUT THE PODCAST

Presented by Mirror Stage, *Ripple Effect: Positive Change Around the Sound* amplifies the stories of local change-makers whose positive impact ripples across Puget Sound. Released monthly, each episode features a local change-maker working to build a better, more inclusive community—telling their story in their own words. ***Ripple Effect*** explores how the actions of a single individual ripple outward, shaping collective understanding. Every episode invites listeners to find out what brings our guests to this moment today, what drives and inspires them, and how to get involved.

ABOUT MIRROR STAGE

Originally founded in 1991, Mirror Stage is a nonprofit multidisciplinary arts company that believes the power of story and art holds the key to bringing people together in imagining and embodying a better future. We challenge assumptions, bias and prejudice, increasing equity and inclusion while encouraging more thoughtful reflection on today's issues. Mirror Stage nurtures unique artistic voices, centering those who have been most oppressed by society's inequitable systems and structures. Mirror Stage gets people talking, as well as thinking. [Learn more about the history of Mirror Stage.](#)

Mirror Stage gratefully acknowledges the support of 4Culture, Allen Family Philanthropies, ArtsWA, the City of Seattle Office of Arts & Culture, the EPS Fund, Humanities Washington, the National Endowment for the Arts, the National Endowment for the Humanities, and the Posner-Wallace Foundation.

PUBLIC PRESS ROOM

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#MirrorStage #RippleEffect #ChangeMakers #AmplifyBlackStories #KechiAmaefule #MILE
#MothersInfluencingLivesEveryday

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