

PERSONAL BEST

Personal Best turns tiny goals into grand adventures.

"We are often successful but never in the way we expect."

Personal Best is a humorous podcast that celebrates small ambitions, half-wins and the quiet satisfaction of getting *less bad* at things. Each week we help ordinary people work through the little things they'd never bring to a life coach — like kicking a snooze button addiction or getting less awkward around cashiers. Let us be your self-help sidekicks!

9 episodes x 30 min

Hosted by



Rob Norman (left) and Andrew Norton

Andrew Norton is a radio producer and filmmaker. He's made stories on everything from baseball mascots to legendary skateboarding tricks for outlets like CBC's *Wiretap*, NPR, WBEZ and podcasts like *99% Invisible*. And to answer the first question you'll have when you meet him — he's 6'6".

Rob Norman is the author of *Improvising Now*, as well as an instructor and director at the Second City Toronto. In addition to producing *The Backline* weekly podcast, Rob is a Canadian Screen Award winner for his performance on CityTV's *Sunnyside*. And yes, Rob is tall but he doesn't make a big deal about it.

Preview the series

Trailer | [Listen to the season 1 trailer](#)

Episode 1 | [Robin — sleeping in](#)

Episode 2 | [Brent — celebrating himself](#)

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"DELIGHTFUL" — [Kathy Tu](#), *Nancy* podcast

"Endearing and aspirational but funny" — [Cristal Duhaime](#), *Love Me* podcast

"This podcast is beautiful." — [Tom Power](#), CBC's *q*