

# Master Your Mind, Business, and Life

THE PODCAST



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SOCIAL MEDIA  
REACH



**2**

EPISODES  
WEEKLY

## About the Podcast

'Master Your Mind, Business, and Life' is a life mastery podcast featuring conversations with various experts to help the audience grow intellectually, emotionally, spiritually, and physically.

Listeners walk away from each episode with information that will help them heal childhood wounds, push past boundaries, shift their mindset, turn their purpose into their paycheck, and to begin living with intention.

## Our Listeners

Our global listeners are predominantly open-minded, mindful mothers between the ages of 30 and 45. These women have a fierce desire to learn tools and strategies to aid in their personal and professional development.

## PODCAST TOPICS

### MIND

Mindfulness, Meditation, Consciousness, Neuroscience, Psychology, and more.

### BUSINESS

Entrepreneurship, Leadership, Finances, Branding, Technology, PR, Strategy, Social Entrepreneurship, and more.

### LIFE

Health, Fitness, Overcoming Adversity, Relationships, Social Movements, Spirituality, Astrology, and more.

## TWO WEEKLY EPISODES



### FULL EPISODES EVERY WEDNESDAY

Each Wednesday, a new 30-40 minute episode featuring a guest expert is released. Guests range from Veteran NFL Players, TedX Speakers, Psychotherapists, Celebrity Psychics, to the everyday entrepreneur who is making a shift in the world.

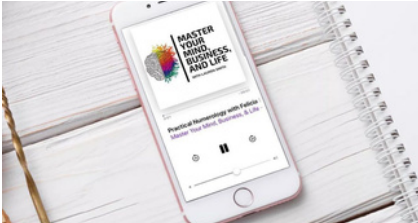


### FUEL YOUR LIFE FRIDAY (FYLF)

Fuel Your Life Friday Friday is a weekly mini-series filled with tips, tricks, and leveling-up challenges that will help your fuel your life. These solo episodes are about 5-7 minutes in length.

## PARTNERSHIP OPPORTUNITIES

THE FOLLOWING PACKAGES ARE FOR THE  
WEEKLY WEDNESDAY EPISODES ONLY.  
\*DENOTES 3 MONTH MINIMUM



### GOLD LEVEL \$400/ MO\*

1 Pre-Roll Ad each Wednesday for a month (up to 45 seconds per ad), Episode Show Notes Mention, Facebook Mention (1 Per Show Day), Instagram Mention (1 per Show Day), Twitter Mention (1 per show week), 250x250 Website Banner.



### SILVER LEVEL- \$250/ MO\*

1 Pre-Roll Ad Per Episode (subject to follow any ads released at Gold level), Episode Show Notes Mention, Facebook Mention (1 Per Show Day), Twitter Mention (1 per show week), 250x250 Website Banner.



### BRONZE LEVEL- \$150/MO\*

1 Post-Roll Ad Per Episode, Episode Show Notes Mention, Facebook Mention (1 Per Show Day), Twitter Mention (1 per show day).

## PARTNERSHIP OPPORTUNITIES

THE FOLLOWING PACKAGE IS FOR THE "FUEL YOUR  
LIFE FRIDAY" SERIES ONLY



### \$300/ 3 MONTHS

1 Post-Roll Ad (up to 15 seconds) Per Episode and Episode Show Notes Mention.

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## Meet the Host

Lauren Smith is a spiritual entrepreneur, author, and podcast host. With a down-to-earth vibe meshed with a gregarious personality, Lauren has a special ability to connect with people.

Her driving force for launching the podcast was based off her own curiosity and desire for the answers to so many of life's questions. She wanted to share this information with others, so they too had the tools to not only transform their lives, but the lives around them.

Lauren is a mom of two girls, lives in Florida, loves food, sports, travel, laughing until her stomach hurts, and all things bright and airy.



### READY TO COLLABORATE?

To get your product or service lined up for collaboration, please email [hello@laurensmithbiz.com](mailto:hello@laurensmithbiz.com); be sure to include the product or service, the website, and which package interests you.

Kindly allow 24-48 hours for a reply.

I'm so excited to team up with you and work together to make things happen!