



JOIN ME ON

# Journey Forward with Joree Rose

the podcast that inspires, motivates and guides others in how to get unstuck and create lasting change towards happiness, authenticity and living fully.



## We all get stuck in our lives.

So many people race through life on autopilot, going through the motions of the days and the weeks, to just knock items off their to-do list, and then lay awake at night with a racing mind and thoughts that won't stop, only to wake up and do it all again the next day. We don't know how to slow down, breathe and just be.

We also get lost amongst our roles as parents and/or partners and while self-care is necessary, it's often guilt-ridden, making us feel like it can only come after everyone else's needs are met; it can be hard not to feel selfish for trying to honor our own needs.

And since the mind works by comparison, whether we are comparing ourselves to where we think we "should" be at this point in our lives,

or we are comparing ourselves to others who are putting out the best version of their lives on social media, our persistent and pervasive judgments, expectations, and "shoulds" can wreak havoc on attaining happiness.

Additionally, it's easy to get stuck in old stories, past pains, hurts or wounds that we think define us, but we don't always know how to let go of what's too heavy to carry.

**Journey Forward with Joree Rose** is the reminder that change and growth are all possible! It takes awareness, attention and intention to create new habits, patterns and mindsets that will put you on a new trajectory.

You are the perfect  
guest for Journey  
Forward if you...



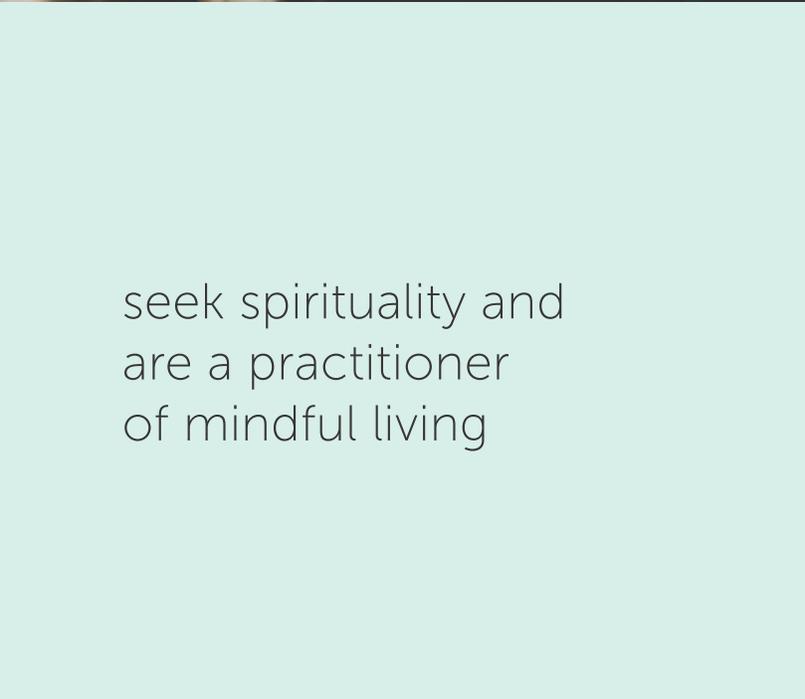
have a story to share  
that will inspire others to  
wake up, get unstuck and  
self-compassionately ask  
themselves "what can I do  
differently in my life  
to be happier?"

can role model and share  
how you've shed unhealthy  
habits, patterns or mindsets  
and maintained a healthier  
framework for living





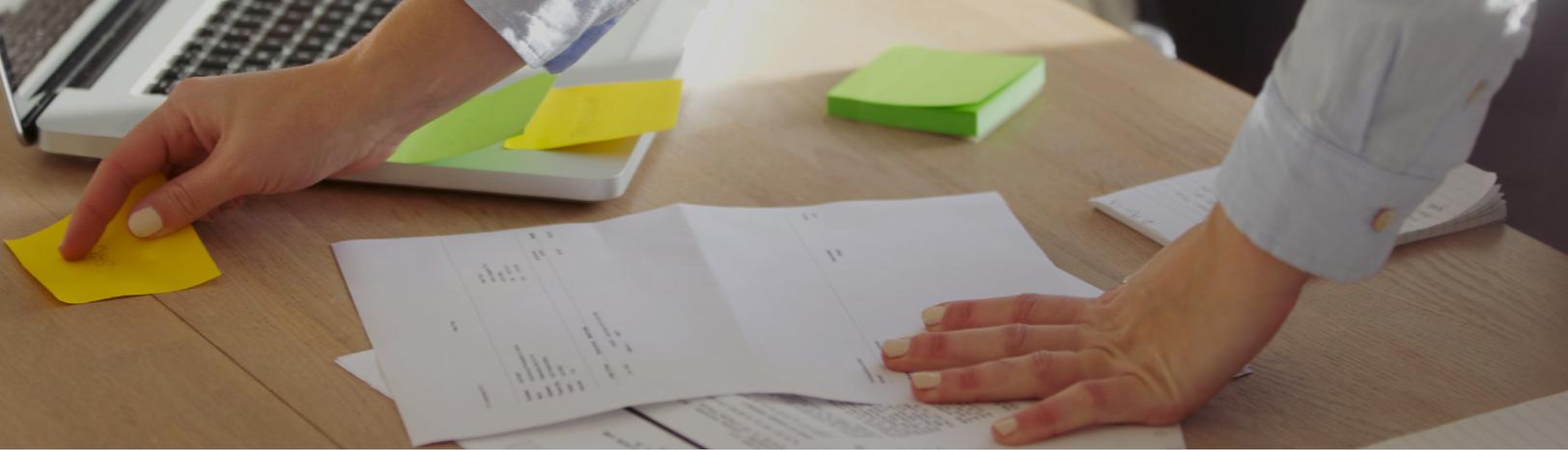
guide others  
in uncovering  
their best self



seek spirituality and  
are a practitioner  
of mindful living



have a social media  
following for you to  
promote your episode  
of Journey Forward



## Things to know:

1. No formal interview here; let's just have an awesome conversation where we authentically connect and share what makes us sparkle and shine
2. I want to hear about your Journey Forward, so be ready to share your best stories, tips, tools to inspire our listeners
3. Please be ready to provide 1-2 tangible takeaways for our listeners to be able to implement immediately
4. You must have a good microphone, stable internet connection and quiet space. Poor quality may prevent episode from airing
5. Our recording will be between 30-40 minutes, but please set aside the whole hour so we can chat beforehand and get situated prior to hitting record
6. Journey Forward with Joree Rose has reached over 10,000 listeners, and growing!!



## Stats:

**32% Americans are Monthly Podcast Listeners** - approx. 150 million people listen to podcasts at least once a month (though many listen to one podcast or another much more frequently than that)

**Podcasts Attract Wealthier & Educated People More.** In fact, it's 45% more likely for a podcast listener to have a college degree, and 68% more likely to have a post-graduate degree. They are also much more likely to be HNIs (high net-worth individuals), with them having a 45% more likelihood of having a net household income of over \$250,000, which is a quarter million dollars, annually!

**Podcasting Audience is Amazingly Gender Balanced!** When it comes to gender balance, the podcasting audience is well balanced at the moment, with men leaning every so slightly on the heavier side of the scale (52% vs. 48% for women)

**Smartphones are Most Popular for Consuming Podcasts** 80% of Listeners Listen to (Almost) the Entire Episode. When it comes to engagement, 80% of podcast listeners listen to an entire podcast episode or at least most of it. This is one of the best engagement rates, if not the best, among any consumption medium.

**Weekly Listeners Spend 6 hrs 37 mins Per Week on Average**

So together, let's reach this broad audience who is ready to listen and learn from what we have to share!

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