Awakening Aphrodite Podcast Guest Overview

Awakening Aphrodite



We are super excited to have you on the show!

This document is designed to give you an overview of some of the basic logistics of the show so you know what to expect and feel comfortable and confident and ready to go on the day of recording! Here you will find a little bit of information on Amy, the mission, vision and values of the show and details like episode length, show notes, promotion, sharing and audio requirements for our conversation.

About Amy: Since 1988, Amy has been helping people of all ages and stages live a more fit, inspired and fulfilling life in mind, body, soul and spirit. Her lifetime of work combines a mixture of natural holistic health and wellness practices, as well as mind-body medicine, natural healing methods, shamanism, psychology, self-development, metaphysics, Native American medicine, mythology, embodiment practices, energy medicine, soul retrieval and women's mysteries. In particular, Amy is passionate about helping modern women step into their innate Goddess nature and be unapologetically all of who they were born to be, full of power, mystique and magick, with a big dose of wisdom, discretion and above all, love.

You can connect with Amy on her popular podcast, *Awakening Aphrodite*, join her amazing community of women in one of her online memberships/courses, get access to her on demand dance, fitness and yoga class library, participate a women's circle, attend one of her in-person events, retreats or gatherings, inquire about private coaching and see all of her carefully curated health, beauty and wellness resources on her eStore.

About the Show: The mission of *Awakening Aphrodite* podcast is to help people be more healthy and fit in mind, body, and spirit as well as harmonize their masculine and feminine energies, tap into their intuition, true source of power, and live in coherence with nature and their authentic self.

As for the discussion style of the show, if you've heard any of the episodes, you'll hear that Amy likes to keep the conversation very natural, organic, and down to earth so please be prepared to go with the flow.

Above all, we want to provide practical, useful information for our audience that is positive, empowering and part of the solution for whatever topic is at hand. In addition, please also keep in mind that we use both audio and video so kindly ensure you have a decent microphone and a quiet environment for recording.

Show Prep and Materials: Thank you for completing the pre-show questionnaire! Amy most likely emailed you this link with your confirmation email. It can also be found on the same landing page (email link) that got you here (on the Guest Overview) and is listed at "Question #1" at the top of the page. This questionnaire is very important in that it helps us to prepare properly for the show and also gives you a chance to share what is most important to you for us to address on the show. In addition, it is also an opportunity for you to provide your contact information (where people can find you, your work, your social media, etc.) We are happy to include this information in the show notes for you.

Episode Length: Varies from 45 minutes up to 2 hours. Most shows are approximately 60 minutes.

Avatar/Audience: Although it can vary based on the topic and your area of expertise, in general, our audience is primarily people who are looking to live a more balanced, vivacious, fulfilling and meaningful life. It includes people who are interested in all aspects of living a healthy, whole, inspired and empowered life in mind, body, soul and spirit and in harmony and respect with nature and all of life.

After the Recording and Promotion: When your episode goes live you will receive an email from a member of Amy's production team (most likely from producer, elijah.helfman@gmail.com). That email will have the fully professionally edited video and audio as well as video outtakes which are short video snippets. Please feel free to use the audio, video and outtakes however you wish – they are our gift to you!☺ We will be using the outtakes to help promote your episode and most likely will be tagging you on social media to help people find and connect with you.

We hope this document makes you feel more comfortable and confident in knowing what to expect so we can enjoy a wonderful, productive and valuable experience - for all of us!

We can't wait to include YOU and your wisdom, love and brilliance on *Awakening Aphrodite!*

If you have any questions please just reach out.

See you soon:)
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