

Be Our Guest

SHE LIFTS PODCAST



Hey there, Fam!

Thank you for agreeing to conduct an interview with She Lifts Podcast and Blog. By being a guest, you have become an integral part of the She Lifts family. Here, we seek to share our tool box with those around us and we are excited for you to become a part of that!

I am deeply honored to be able to get to know and be able to assist in telling your story. However, before we proceed with scheduling I would like to go over a few important details regarding our interview.

1. **ALL** conversations will be recorded to ensure authenticity in the writing process.
2. Recordings will be used for She Lifts Podcast unless you indicate that you do not wish to have your recording published.
3. Virtual interviews typically take 20-30 minutes, while in person interviews may take a bit longer (up to 45 minutes). Virtual interviews will require you to download the Anchor App: <https://anchor.fm/>
4. To maximize exposure of the blog and podcast content, I request that you post the story in a high traffic location on at least one **(1)** of your social media platforms.

Below is a short list of prerequisites. Please respond to this email with the following:

1. Indicate whether you wish or do not wish to have your recording published on the She Lifts Podcast (either is fine and completely up to you).
2. Indicate whether a virtual interview or in-person interview will suit you. (See NOTE on left)
3. At least three (3) timeframes that work best for you. These times should foster your undivided attention.
4. A high quality headshot/favorite image (no selfies, please).
5. Any website of social media that you would like the She Lifts Podcast to advertise alongside your article.

This is going to be such an amazing experience! I look forward to working with you in the near future. Should you have any questions, please feel free to contact me!

Love & Light, Fam!

Aja Moon

Content Manager, She Lifts Podcast, Vlog, Blog

Scheduling Your Interview

She Lifts Podcast conducts in-person interviews on Thursday evenings at 7pm, in-studio in Landover, MD. These interviews are video recorded as well. Should you desire an in-person interview and this time doesn't fit your schedule, please send an email with your request and we will do our best to accommodate your wishes.

Contact Us

Aja Moon

ohbutwhenshelifts@outlook.com

www.loveandlightfam.com

650-822-7243

We Can All Win

If you know anyone else who may be an awesome addition to the She Lifts Family, please refer them to:

www.loveandlightfam.com/support
to complete the form!

