

THE REAL-WORLD RELATIONSHIP EXPERT



**Kristie Overstreet PhD, LPCC, CST**

PSYCHOTHERAPIST | CLINICAL SEXOLOGIST | AUTHOR | PODCAST HOST | BLOGGER



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**The Washington Post**







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## Dr. Kristie Overstreet

Dr. Kristie is a clinical sexologist, psychotherapist, and author of *Fix Yourself First: 25 Tips to Stop Ruining Your Relationships* and host of the *Fix Yourself First* podcast. Her mission is to help people improve their relationships by first focusing on the most important relationship they have, the one with themselves, so that they are empowered to create the lives they deserve.

Dr. Kristie created the Ideal Intimacy Method program to help women get emotional and physical intimacy without sacrificing their needs. Her new men's intimacy program will launch in 2021.

Dr. Kristie is the founder of the Therapy Department, a virtual wellness practice that provides counseling, coaching, and consulting throughout the world. Her 14+ years of clinical experience have made her well respected as a real-world relationship and LGBTQIA+ healthcare expert.

She created the Transgender Healthcare Dignity Model certification program and various online courses for healthcare staff to improve their competency in working with the LGBTQIA+ community. She is a contributor for CNN, Forbes, Inc, Huffington Post, Readers Digest, New York Magazine, Oprah Magazine, The Washington Post, and various other media outlets.

# About the Podcast & Blog

*Fix Yourself First with Dr. Kristie* podcast helps people create the lives they deserve through a practical and logical real-world relationship approach

Dr. Kristie's blog provides guidance, tips, and relatable advice about:

- RELATIONSHIPS
- SEX & INTIMACY
- PERSONAL GROWTH



## About My Audience

It's made up of driven and motivated people who are ready to make a change in their lives.

They want straight forward, authentic, and easy to use tips and takeaways that work, so they can implement them immediately to see better connections in their relationships.

- 60% WOMEN 40% MEN
- 27-50 YRS OLD
- USA-BASED

**75,000+**

PAGE VIEWS ANNUALLY

**14+**

YRS CLINICAL EXPERIENCE

**250+**

EXPERT QUOTES/INTERVIEWS

**100+**

ARTICLES PUBLISHED



@kristie\_overstreet



@DrKristieOverstreet



# Media Testimonials

“

Dr. Kristie is smart, enthusiastic, very knowledgeable. I always go to her for relationship advice. I go to her first for her field of expertise before anyone else!

- Adell Coleman, Gracie Award Winner & Host

“

Dr. Kristie is a knowledgeable guest with a great sense of humor who is a pleasure to speak with. I would have her back on the Alive at Five program without hesitation.

- David Leonard, Alive at Five KYNT 1450

“

We were blown away by her knowledge and passion. Dr. Kristie expresses herself in such a way that you truly wish she were always there for you to talk to.

- Michelle Zunter, The Broad's Way Podcast



# Segment Ideas

- Every 13 seconds there is a divorce. Doing these 3 things daily can prevent it from happening
- Relationship Rehab: 5 tips to stop ruining your relationship
- 5 Secrets to boredom proof your relationship
- 3 Mistakes to avoid in a new relationship
- Yes he can listen: Learn how to communicate so that he will actually hear you
- Why do I keep picking the wrong partner? 5 ways to reverse the trend
- Why making time for yourself is the best kept secret to have a healthy relationship?
- Ways to fix yourself first so you get the relationship you deserve
- Intimacy vs. Sex: How to get what you're looking for
- 3 Ways to rescue and resuscitate your libido
- Open relationships: helpful or harmful?
- 7 Tips to improve your confidence

## Let's Chat!

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[www.DrKristieOverstreet.com](http://www.DrKristieOverstreet.com)





# Let's Work Together

## **MEDIA INTERVIEWS**

TV, Internet, Skype, Radio, Podcast, or Article interviews

## **PODCAST ADS**

Services and products for life improvement in Personal/Professional Relationships, Sex & Intimacy, Personal Growth, Self-Esteem, and Mental Health

## **BLOG POST FEATURE/COLLABORATION**

Services and products for life improvement in Personal/Professional Relationships, Personal Growth, Sex & Intimacy, Self-Esteem, and Mental Health

## **BANNER OR SIDEBAR ADS**

Available for blog and/or podcast page.

Services and products for life improvement in Personal/Professional Relationships, Personal Growth, Self-Esteem, and Mental Health

## **SPONSORED GIVEAWAY**

Products and Services for sponsored giveaways on Instagram and Facebook

## **SOCIAL MEDIA CAMPAIGN**

Collaborations, sponsorships, and partnerships available for Instagram and Facebook

