

# THE MARK GROVES

Podcast

**MEDIA KIT**







# The Mark Groves Podcast

## LIFE ON (Y)OUR TERMS

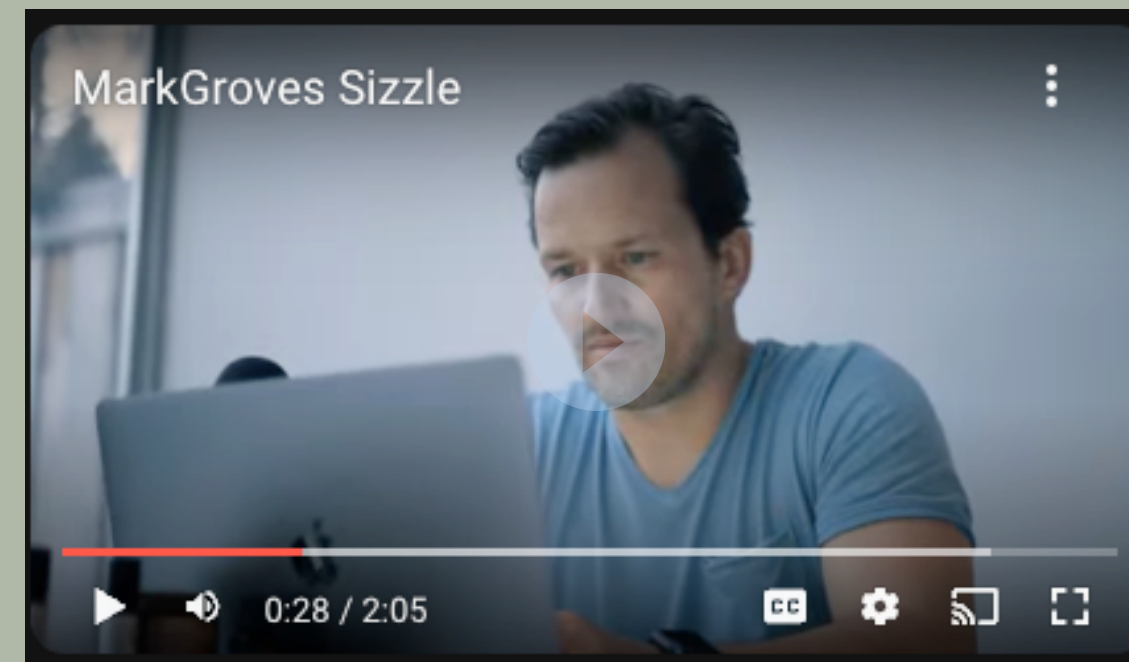
The Mark Groves Podcast is for heart-led humans eager to expand perspectives, explore truths, and break old patterns while cultivating deeper, more honest connections with self, our relationships, community, and the world. Tune in twice a week for powerful guest interviews and solo episodes that deliver real talk, fresh insights, and practical tools to transform (y)our relationships — because relationships are how we truly connect — and supercharge (y)our personal growth.

# Meet Mark Groves

Mark Groves, founder of Create The Love, is a Human Connection Specialist, author, speaker, coach, motivator, creator, collaborator, and connector whose purpose is to help humans step into their most authentic, effective, loving selves by way of his bold, no-BS approach to life.

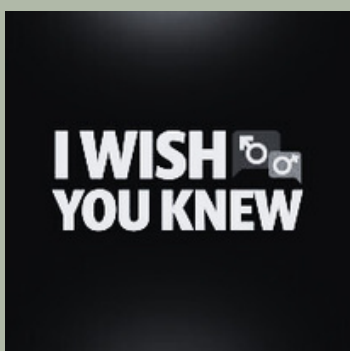
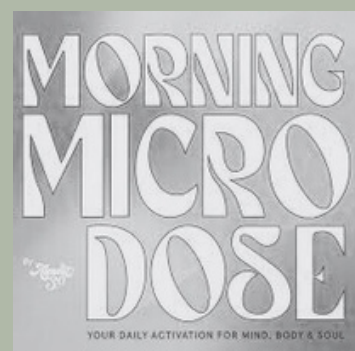
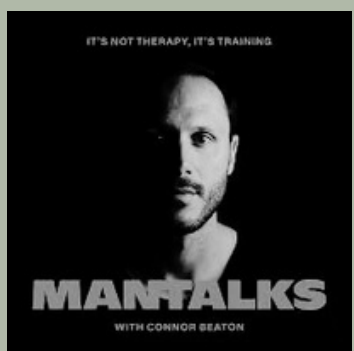
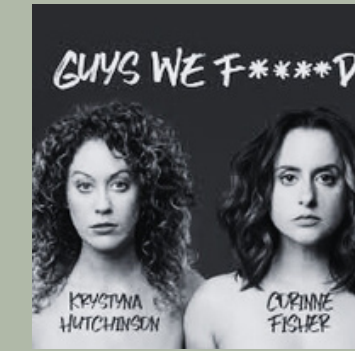
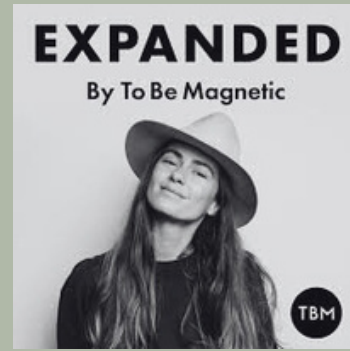
Mark brings complex academic concepts and research to life in a fun & relatable way, empowering humans to transform the way they work, think, and relate. He loves tacos, hiking, and making people laugh so hard they can't help but pee their pants a little.

Mark founded Create The Love (see @createthelove on Instagram) to help humans create deeper relationships with themselves and others. Now he's on a mission to expand his compassionate approaches to dialogue and discourse into all aspects of human existence through his Podcast.





# Guest Spots on Top Podcasts

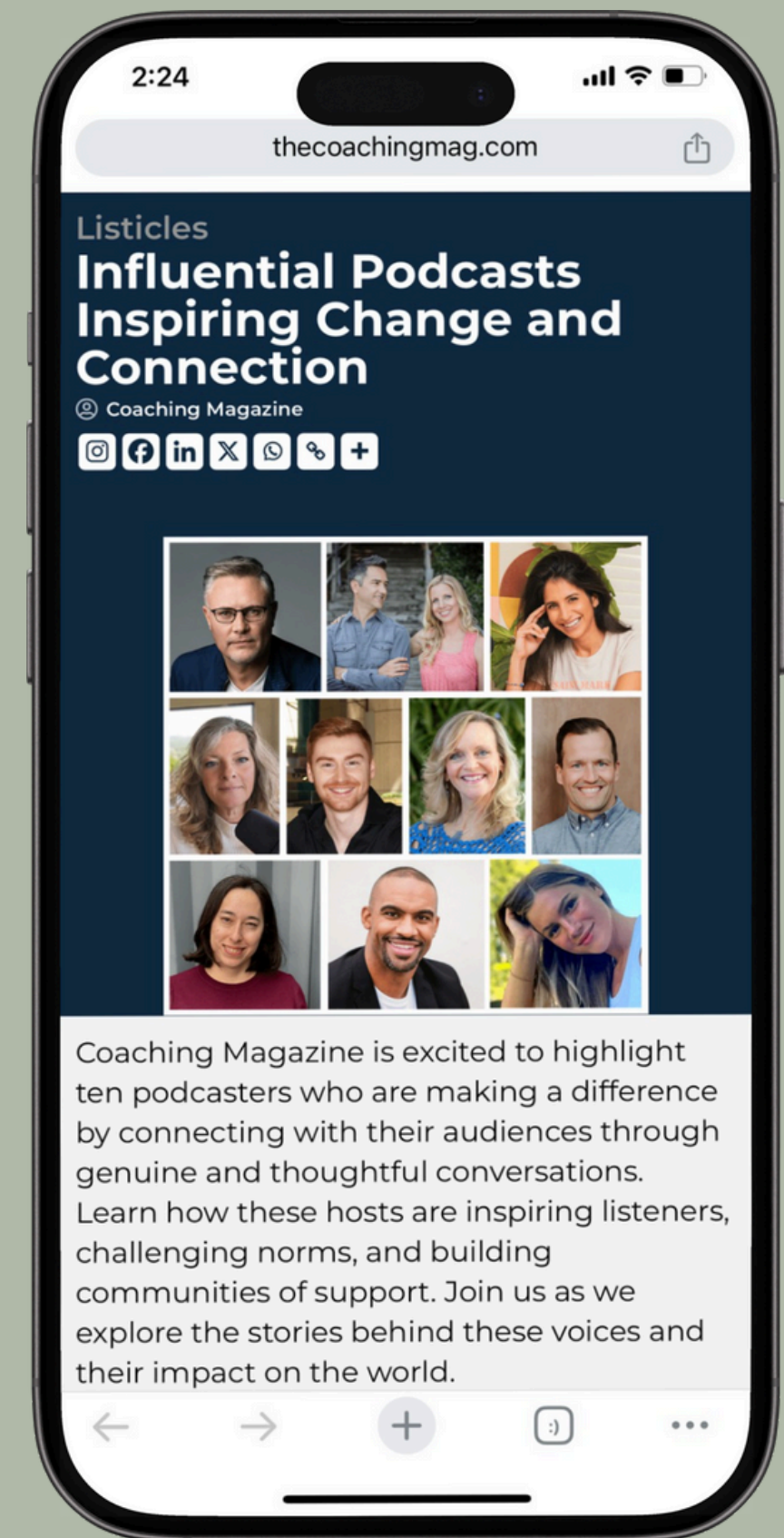




# Podcast In The Media

**“The Mark Groves Podcast is not just a podcast; it’s a movement towards deeper emotional intelligence and more fulfilling relationships. Each episode dives into topics such as communication, boundaries, emotional triggers, self-love and freedom, with Mark often joined by experts in psychology, relationships, and wellness. These conversations are designed to equip listeners with the tools they need to create more loving and supportive connections in their lives and break free from the patterns holding them back.”**

**– Coaching Magazine**





# Recent Reviews



ashmo031391, 07/15/2024

## Long long time listener leaves over due review

Mark groves has been a HUGE influence on my life and the way I think and what I believe in my 30s. He's one of the only podcasts where I can listen and soak in the information 100%. His voice is soothing, his advice always hits the spot, and his vulnerability is so inspiring. I recommend this podcast to ANYONE. And I mean anyone living on the planet is 2024. Thank you mark for your efforts and dedication in your podcast and in the community. You'll never truly know what you have done for me.



lavagabonde, 04/16/2024

## Lighting the Way

The deeper you go on the journey of remembering yourself, the more isolating it is. Mark and his guests are beacons along the path, reminders that I am not alone in all of this. I very much appreciate his willingness to be humble and real and share the not so shiny events of his own journey. His show focuses on relationships, but, even though I have chosen singlehood, the information is relevant to those who wish to deepen their relationship with their own self.



itskaci, 05/25/2024

## Where to even begin...

I've been following (back in the early OG instagram days) and listening to Mark for several years. To say he's good at what he does is an obvious understatement. He brings a genuine voice and so much knowledge to each episode, while making it light and fun to listen to. Most recently, the episode on social media spoke to me at a time where I felt similar to what Mark mentions. A lot of times I need to be shoved in the right direction, and find myself digging for an episode that elaborates on whatever current issue I'm struggling with. He never fails to touch important aspects of relationships, boundaries, healing and life in between. Mark, from the bottom of my heart, thank you for using your voice for good. To help, to teach, to understand and ask the tough questions. I can only hope to meet you in person one of these days- Texas would look great on you and Kylie! 🙌



Garden of Grief, 03/18/2024

## My favorite podcast!

I love the energy Mark brings to sharing insights for emotional and physical wellness with oneself and others. His guests are amazing and I look forward to each podcast. I find myself sharing many episodes with family and friends. Thank you Mark!!



# Social Reach



49.2k YouTube subscribers



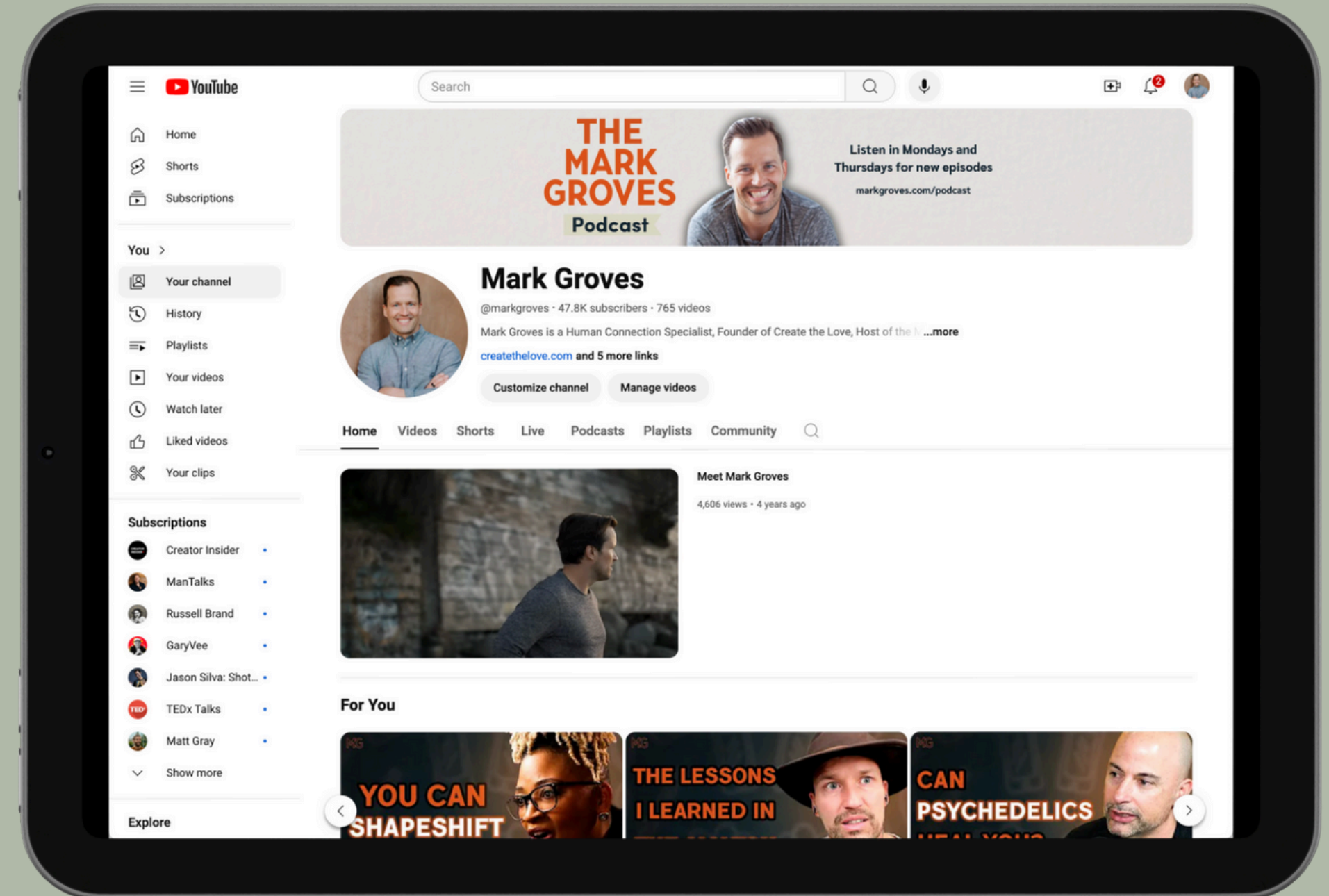
62k+ email subscribers



1.1 MM



130k



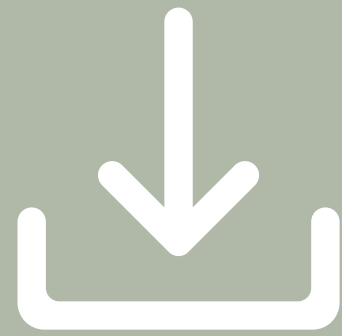


# Podcast Reach



**20.6MM+**

Total podcast  
downloads



**200k**

Average monthly  
downloads



**20k**

Average  
downloads/episode

# Guest Highlights



**How to Intentionally  
Create a New Reality**  
Dr Joe Dispenza



**How to Reprogram  
Your Subconscious**  
Dr. Bruce Lipton



**How to Stop Overthinking  
& Live in the Moment**  
Yung Pueblo  
(Diego Perez)



**Racialized Trauma**  
Resmaa Menakem



**The Art of  
Self-Inquiry**  
Byron Katie



**Finding Your True Self**  
LeAnn Rimes



**Get High on  
Your Own Supply**  
Wim Hof



**Healing in a  
Toxic Culture**  
Dr. Gabor Maté



**The Trauma  
of Infidelity**  
Dr. Julie Gottman



**The Couple Who Changed  
How I Relate: Lessons from  
the Godparents of Love**  
Harville & Helen



**Vibrate  
Higher Daily**  
Lalah Delia

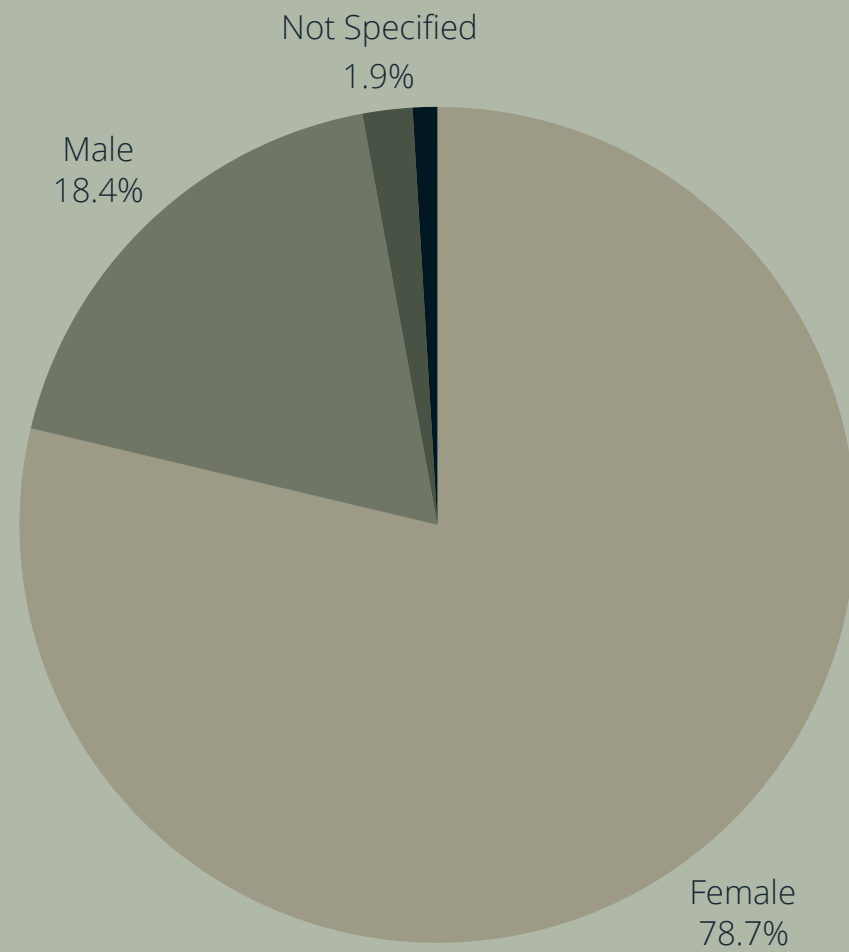


**How to Be a  
Better Partner**  
Jillian Turecki

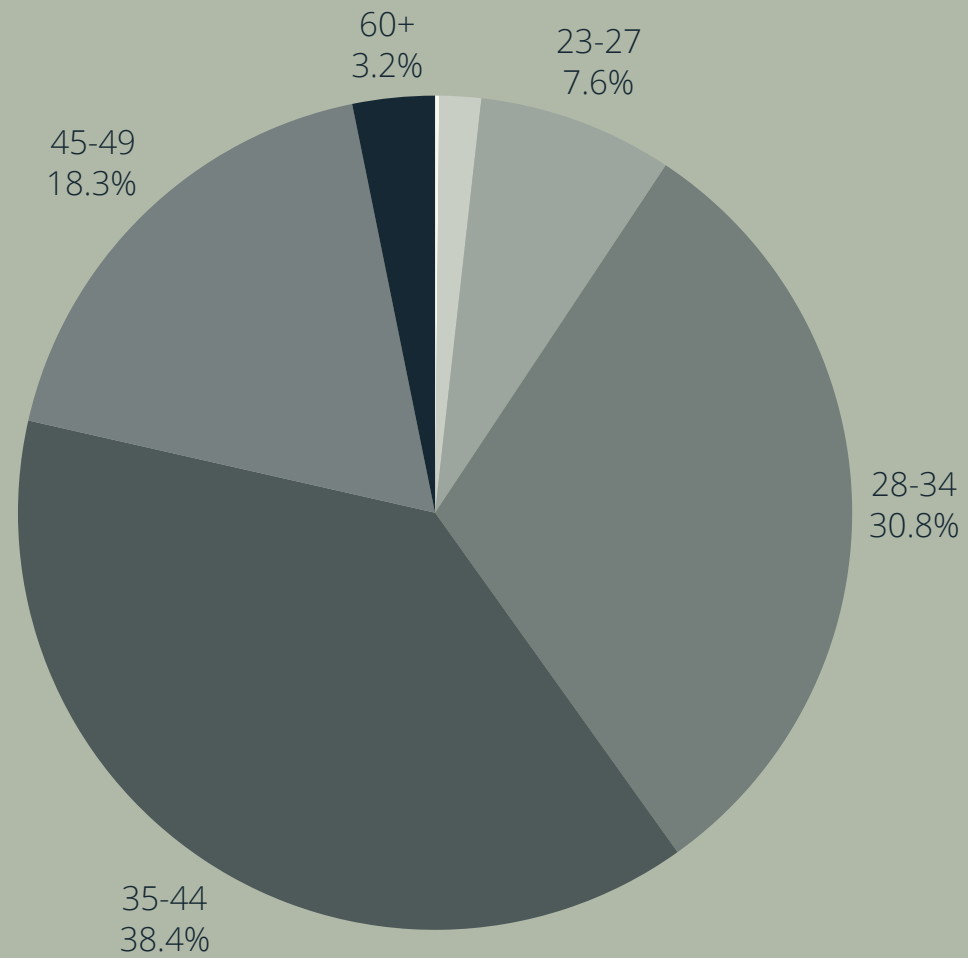


# Listener Demographics

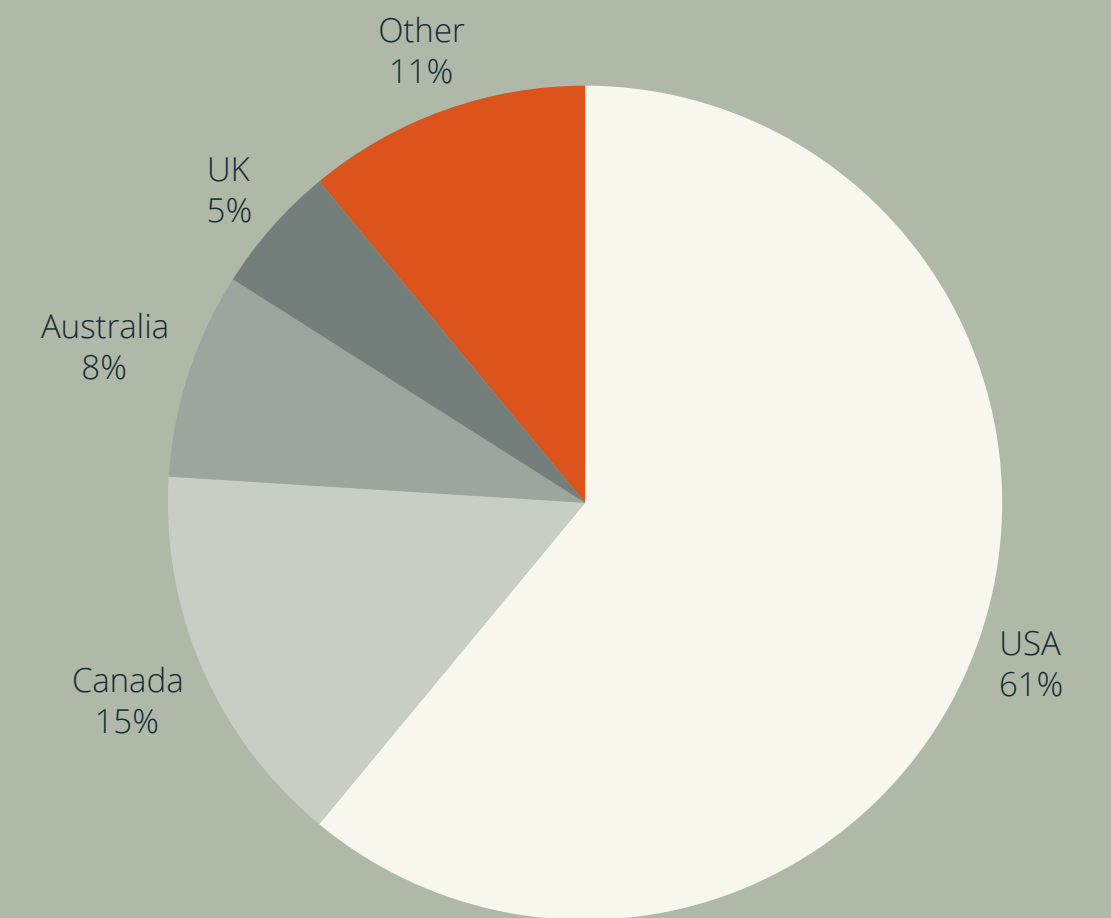
## Gender



## Age



## Location



\*70% of listeners are women between the ages of 23 and 44

# Listener Psychographics

Listeners of the Mark Groves Podcast are open-minded, growth-oriented and intelligent women with a common denominator — they are actively pursuing their best selves and will invest time and money in content, products and experiences that help them achieve and maintain this goal. They are extremely passionate about improving their health, wellness and relationships and living an authentic & fulfilling life.

**Erica**



**Age: 23-27 (8% of entire audience)**  
**HHI: \$30k+ annually**  
**Interests: Travel, Dating, Fitness, Sustainability, Activism**

**Jen**



**Age: 28-34 (31% of entire audience)**  
**HHI: \$45k+ annually**  
**Interests: Holistic Health, Relationships, Spirituality, Work/Life Balance, Finding Purpose**

**Claire**



**Age: 35-44 (39% of entire audience)**  
**HHI: \$60k+ annually**  
**Interests: Meditation, Family, Wellness, Community Engagement, Alternative Health**



# Be Our Guest!

To appear as a guest on The Mark Groves Podcast or  
to request additional information, email us at:

[podcast@markgroves.com](mailto:podcast@markgroves.com)