

# THE MARK GROVES

Podcast

MEDIA KIT



A portrait of Mark Groves, a man with a beard and mustache, wearing a blue baseball cap and a white t-shirt. He is smiling and looking towards the camera. The background is dark with various white icons like gears, hearts, and lightbulbs.

**MARK  
GROVES**

**Podcast**

# The Mark Groves Podcast

## Making Life Make Sense.

Jam out with Mark Groves as he takes you on a journey to explore the juiciest parts of the human experience and what it's like to live authentically in the modern world. You're invited to lay down what you were taught and explore new viewpoints and discoveries in mental and emotional health, physical health and wellness, relationships and the human connection, and hot topics of the world. Open your ears and your eyes to The Mark Groves Podcast.

# Meet Mark Groves

Mark Groves, founder of [Create The Love](#), is a Human Connection Specialist, writer, speaker, 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 approaches to life. Mark brings complex academic concepts and research to life in a fun & relatable way, empowering humans to transform the way they work, produce, 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 Highlights



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



**Racialized Trauma**  
**Resmaa Menakem**



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



**Ending Family  
Enmeshment**  
**Dr. Nicole LePera**



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



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



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



**Vibrate  
Higher Daily**  
**Lalah Delia**



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



**Finding Your True Self**  
**LeAnn Rimes**



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



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

# Social Reach



1.1 MM



130k



35.2k

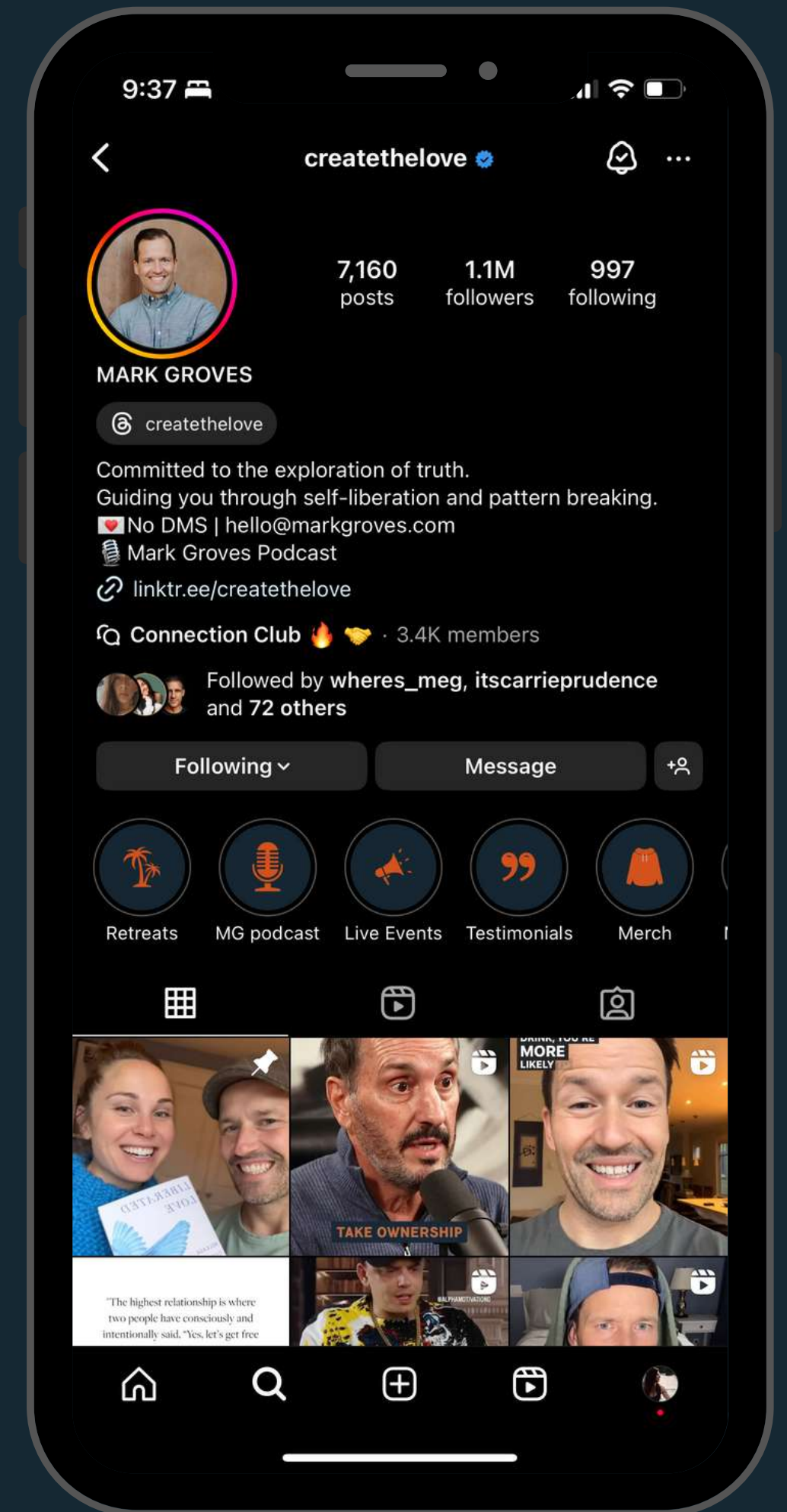


74k+ email subscribers



7.7 MM+ page views

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

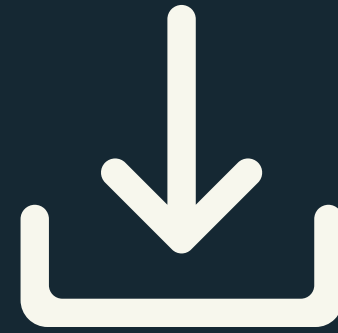


# Podcast Reach



**19.1MM+**

Total podcast  
downloads



**500k**

Average monthly  
downloads



**40k**

Average  
downloads/episode

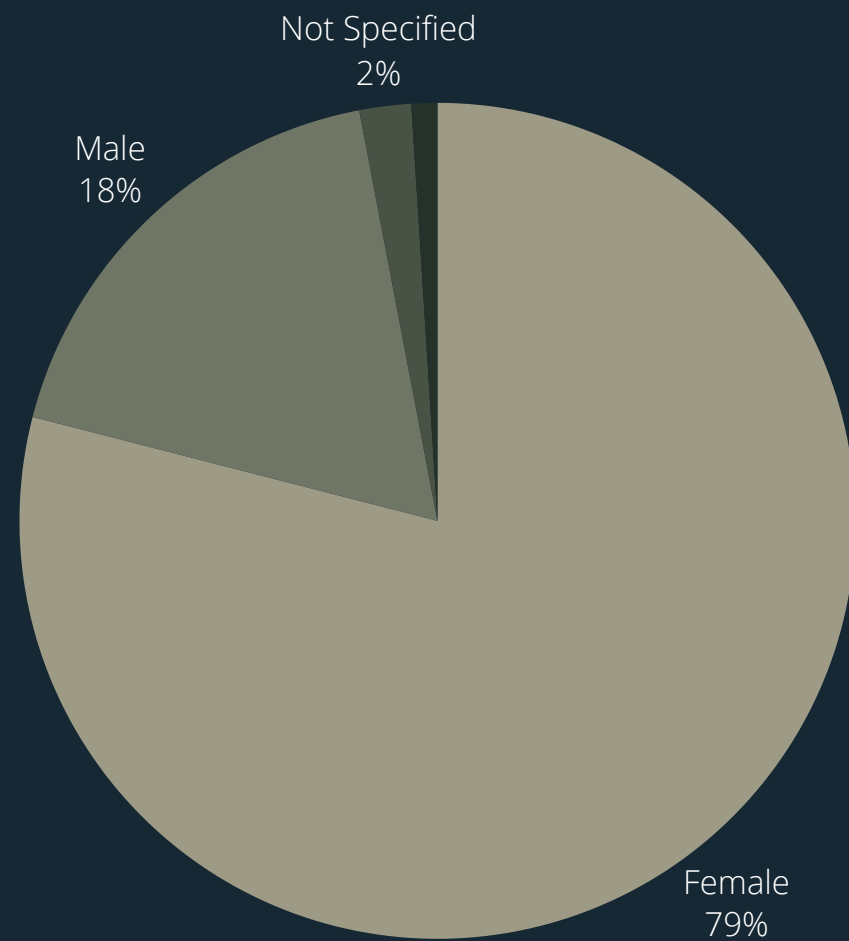


**Top 50**

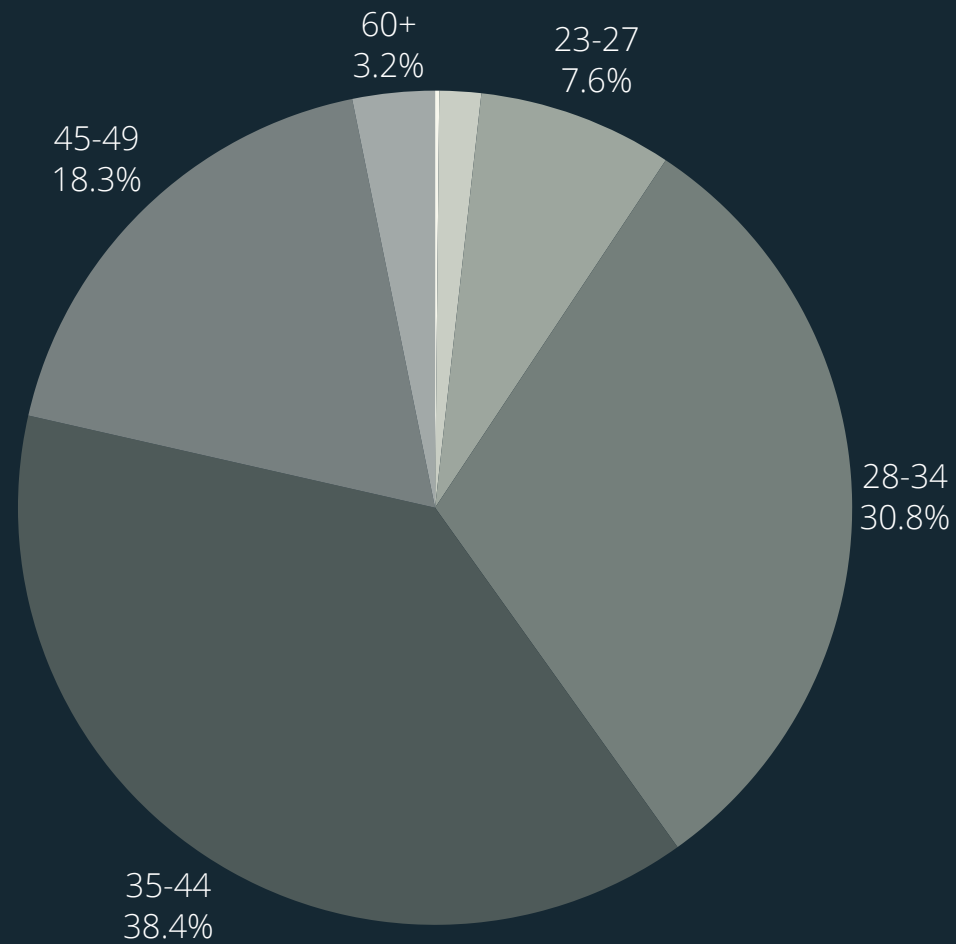
in the US, Canada, UK and Australia  
on Apple Relationships Charts

# Listener Demographics

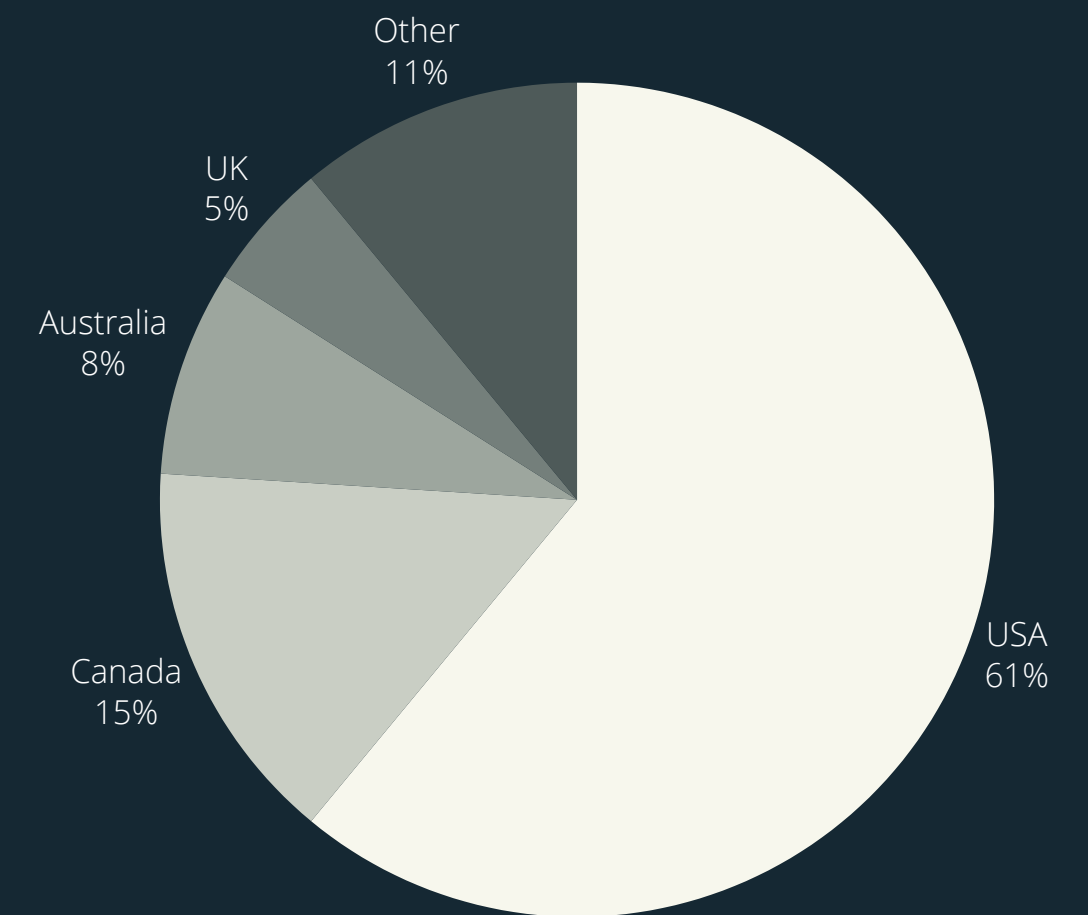
## Gender



## 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)