

BRAND SPONSORSHIPS PRICE LIST

PODCAST: STANDARD	1x Host-Read Mid-Roll (45-60 sec) Brand link in show notes Best for single-episode sponsors	\$115
PODCAST: PACKAGE	4x Mid-Roll Ads (1 per episode) Brand link in show notes Slight discount for multi-episode commitment	\$450 (\$112.50/ ep)
ADD ON: STORIES	3-5 Instagram story frames with link sticker Can include product use or mention about product or service	+\$60
ADD ON: REEL	20-30 second brand-integrated reel with tie to podcast content for maximum repurposing and shareability	+\$150

FOR CUSTOM QUOTES, PLEASE INQUIRE