
Hope to Recharge

THE PODCAST



+100k

UNIQUE
DOWNLOADS



720+

AVG WEEKLY
DOWNLOADS



TOP 100

ITUNES RANKED IN
MENTAL HEALTH
CATEGORY



99+

COUNTRIES



1-2

EPISODES
WEEKLY

About the Podcast

The Hope to Recharge Podcast brings weekly hope and community to those who are personally struggling with depression and anxiety or have a loved one who is struggling with depression and anxiety via podcast, web and public & private FB group.

We are a vital support system by sharing real stories and proving that our community is vital to recovery.

Our Content

Each week we hear & share from those who have & had personal experience dealing with mental health issues as well as experts in the mental health world, from therapists to doctors to healers.

Together we break the stigma around depression and anxiety and bring HOPE to the world.

Popular & Recurring Podcast Topics

GRATITUDE

We harness the power of gratitude, using proven techniques, setting goals and learning to focus on our overlooked blessings to appreciate our gifts.

HEALING

It's not just talk. As a community that shares, each member and show guest gifts us with their own unique experiences and journey, giving insight & tools to heal.

MINDSET

Using our thoughts that drive us, we open a toolbox full of positive mindfulness, using guidance from healers, therapists, neuroscientists, and show guests.

About the Audience

The Hope to Recharge Podcast audience is unique. They are moms, dads, teens, single, married, divorced, widows and widowers, businessmen and women, entrepreneurs, go-getters and more, willing to take the next step for recovery, mostly USA based but many overseas too. They are eager to hear advice, implement and grow and are constantly referring the podcast to others.

One-Two Weekly Episodes

EPISODE #1



Each week, a new 45-90 minute episode features a guests' or host's journey through anxiety or depression, or conversation with a licensed therapist, healer, author, neuroscientist, parent or child, gaining valuable insight, techniques and tools.

EPISODE #2



Periodically, our host shares an insight, thought or idea on how to transform, rebuild, heal or awaken an untapped power that resides within us, often linked to gratitude and the life changing power it contains.

Email Blasts & Blog Posts



Devoted followers of the podcast enjoy receiving weekly emails of show updates, news and links to episodes and blog content, with an inspiring message and offers which are often forwarded and shared.

Each episode's content is meticulously presented in blog form, allowing a viewer extended details on any particular episode or topic. Visitors can search blog history by content, topic, guest name or episode number.



EPISODE PARTNERSHIP OPPORTUNITIES

THE FOLLOWING PACKAGES ARE AVAILABLE.

PLATINUM LEVEL \$950

(BE INTERVIEWED AS A SHOW GUEST)

Best Value



★  1 Full 55 minute Dedicated Episode Interview to share your vision, showcase and describe your product or service, discuss your idea and promote it organically through an episode interview with you & Matana + Dedicated Social Media Posts.

★  1 Pre-Roll **55 second** Voiceover Pro Ad

 **Ad spoken by You: Included**

Ad spoken by Voiceover Pro: Add \$175

★ **Platinum Level Add Ons:** (ONLY AVAILABLE WITH PLATINUM PACKAGE)

★ **1 month** of Your **55 second** Pre-Roll Ad + Show Notes + full description + Detailed info + link feed embedded and on Hope to Recharge.com: **Add \$175/episode**

★ **Exclusive & Sole Advertiser Option: Add \$150 per ep.**

OTHER PARTNERSHIP OPPORTUNITIES

(PRE-ROLL, MID-ROLL, POST ROLL ADS)



GOLD LEVEL

\$350/ep

★ 1 **Pre-Roll** 55 Second **Voiceover Pro Audio Ad** + text Ad in Episode Show Notes + full description, Detailed info+URL link embedded into feed, Ad in Hope to Recharge website and show description.



SILVER LEVEL

\$195/ep

★ 1 **Mid-Roll** 45 Second Voiceover Pro Ad, Brief Mention in Show Notes. Brief info+URL link on Hope to Recharge website.



BRONZE LEVEL

\$175/ep*

★ 1 **Post-Roll** 35 Second Voiceover Pro Ad, Brief Mention in Show Notes. URL Link on Hope to Recharge website.



IRON LEVEL

\$100/ep*

★ 1 **Post-Roll** 15 Second Voiceover Pro Ad, Brief Mention in Show Notes. URL Link on Hope to Recharge website.

***DENOTES 2 MONTH MINIMUM**

Meet the Host

Matana Poupko Jacobs is a podcast host, wife, mom, giver and recovering warrior who still fights the battle against anxiety and depression. With a natural intuition and warm & kindhearted personality, Matana is empathetic and sympathetic to those trying to heal from anxiety and depression and has a special ability to connect with people.

Her driving force for launching the podcast was based off her own journey of having overcome medication and the uphill battle to heal. She shares her daily and past struggles with others, raw and unscripted, so they too have the tools to not only transform their lives and heal, but the lives of those around them. Matana is a wife, mom of five kids, lives in New York, loves cooking, food, travel, laughter, sunsets and all things that give us strength and hope.



READY TO COLLABORATE?

To get your product or service lined up for collaboration, please email contact@hopetorecharge.com. Be sure to include which package interests you. Kindly allow 24-48 hours for a reply.

I'm so excited to team up with you and work together to make things happen!

At Hope to Recharge, Together is Better.