



Dr. Sheryl

Host of the Podcast,
[Dr. Sheryl's PodCouch](#)

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“ This Podcast is about having conversations with transparency about all things mental health between leading experts.”



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Season 1, 2019

- 001- Loving Bravely Part 1 | *Dr. Alexandra Solomon*
- 002- Loving Bravely Part 2 | *Dr. Alexandra Solomon*
- 003- Authenticity | *Molly Grantham*
- 004- Simplified | *Stephanie B. Sikora*
- 005- Maternal Mental Health | *Dr. Juli Fraga*
- 006- Women in Media | *Aristea Brady*
- 007- Parent on Purpose | *Amy Carney*
- 008- Online Safety for Kids | *Dr. Sheryl Ziegler*
- 009- Getting Baby to Sleep | *Dr. Sarah Mitchell*
- 010- Digital Wellness | *Jack Brustkern*
- 011- Bullying Prevention | *Nicole J. Sievers*
- 012- Social Skills in Play | *Caroline Maguire*
- 013- Female Connection | *Tiffany Dufu*

Host Bio

Dr. Sheryl received a BA, MS and Psy.D. in Psychology. She founded and operates a private group therapy practice and speaks about topics related to children, parenting and mental health. She is a regular news contributor on local news stations as well as the national show, Weekend Express on HLN. She is a writer and contributor to numerous syndicated national news and lifestyle outlets. She is loving being on the other side of the interview.

Available on

[iTunes](#)

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Offerings

Ads | Sponsorships | Episode takeovers

FACT SHEET



Intended Audience

Parents ages 30-55 years

Recording Studio

Icosa Media in Denver, CO

Producer

Alex Hopkins

Creator & Host

Dr. Sheryl Ziegler

Purpose

To create a more level playing field among parents in having access to high quality, diverse information about mental health and parenting.

Season 1

- 13 Episodes
- May - October 2019
- Season 2 premieres 1.8.2020
 - *Production of Season 2 has already begun.*
- Each episode is 25-30 minutes in length

Downloads

- All time over 1.1k and growing at 26% each episode
- 65% on Apple Podcasts platform
- Wednesday is the peak download day
- Data is gathered 30 days from airdate
- Time of day indicates 8p-3a as being the most popular

Geographic Reach

- Data only from YouTube indicates 14% U.S.

Frequency

- Episodes are released every other Wednesday morning

YouTube

- Professionally recorded video of each episode uploaded to channel

Sponsorship Offerings

- Ad delivery in 15 seconds, either host read or pre-recorded placement for future or previous episodes

Placement

- Pre-Roll: \$500.00
- Mid-Role: \$350.00
- Post-Role: \$240.00

Uniquely tailored episode

- A sponsor can work with creator to do an episode takeover with their topic/ad/product and guest with Dr. Sheryl as host
- Cost for 25 minute segment is \$990.00