

Media Kit: Change Happened, Then What?

Host: Heather Holt

Website: <https://changehappenedpodcast.com>

Email: change podcast@yahoo.com



PODCAST OVERVIEW

Change Happened, Then What? is a heartfelt podcast that shares raw and real-life stories of transformation after life-changing events. Heather Holt hosts emotionally rich conversations with guests who have overcome trauma, grief, and adversity, helping listeners find connection and hope.

KEY STATS

- 200+ downloads per episode
- 200+ listeners in 10+ countries
- Audience: Primarily women, ages 35–70

SPONSORSHIP OPTIONS

We offer a variety of ad placements including pre-roll, mid-roll, and post-roll segments. Custom integrations and sponsor mentions are also available.

SEASON ONE GUESTS INCLUDE:

Jeannie Lynch – Intuitive Energy Healer and Spirit Coach

Tim Kavanagh – Vermont entertainer and community advocate

Julie Cubino – Founder of *Harmony at Last*, adoption and trauma support guide

Cynthia White Hausman – Owner of Cynthia's Spa and creator of healing spaces through grief and love

Taraleigh Weathers – DJ Cheetah, retreat leader and neurodivergent powerhouse helping others dance through life with joy and authenticity

Listener Testimonial

"What a potent story—I love how Cynthia turned her trauma into support, success, and love." – Erin

Guest Testimonial

"Heather Holt is an incredible podcast host. So good that I shared all the things." – Taraleigh Weathers