



**create  
the love**

Media Kit

# create the love



Having ticked off society's "supposed to do's" (get the degree, the job, the house, the ring), I woke one day to a life-changing realization: **it was time to take radical responsibility for me, myself and I.**

As I peeled back the layers on my past, power, truth and authentic self, I broke away from the societal conditioning and pressure to 'fit in' I had blindly lived by. I broke up with my shame about my trials and tribulations in love and shared them instead. I left the comfort and security of my job to become a writer and human connection expert.



## MY STORY, CONTINUED

I pushed myself to get trained and immersed in the science of positive psychology and turned my mess into my message through this little thing called...

**Create the Love.** ✨

Create The Love began as a collection of words inspired by a rock bottom. Rock bottoms are chances to meet ourselves – to touch the depths of who we truly are, buried deeply below who we were taught to be.

Today, Create The Love is a platform that guides you to design the life + love you've longed for, holding space for wherever you are in your journey.

Through online interactive courses (including collaborations with leading industry experts), events, retreats, articles and 1:1 coaching, Create the Love finally provides the relational education we always needed.

## WHAT I DO

- ✨ **Host of the Mark Groves Podcast**
- ✨ **Co-Founder: Mine'd Digital Wellness App**
- ✨ **Creator: Create the Love Cards**
- ✨ **Keynote Speaking**
- ✨ **Live Events + Retreats**
- ✨ **Podcast Interviews**
- ✨ **Course Collaborations**

## THE MARK GROVES PODCAST

Join me every week as I host the world's brightest thought-leaders, spiritual luminaries, authors and health and wellness experts to discuss the good, bad, messy and beautiful parts of the human experience.

Past guests include Wim Hof, Danielle Laporte, Dr. Zach Bush, Mark Manson and Dr. Julie Schwartz Gottman.

## BOOKING OR SPONSORSHIP INQUIRIES?

Please email [katherine@createthelove.com](mailto:katherine@createthelove.com) and we'll be in touch!

## TOP PODCAST EPISODES

- **Silvy Khoucasian - Attachment Theory 101** | 114k downloads
- **Mark & Kylie - Let It Burn Pt. 1** | 112k downloads
- **Dr. Zach Bush - Engineering our Future** | 99k downloads

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