



create the love

Media Kit | 2021

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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 education we always needed.

TOP PODCAST EPISODES

- **Mark & Kylie - Let It Burn Pt. 1**
• 95k downloads
- **Terri Cole - Codependency, The Disease To Please** | 91k downloads
- **Sheleana Aiyana - Relationships Are Meant To Be Hard** | 85k downloads
- **Dr. Zach Bush - Regenerating Health** | 81k downloads

WHAT I DO

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

THE MARK GROVES PODCAST

Here is where I delve into the complex world of relationships and connection. How do we connect to ourselves and to others? How do we show up in our romantic relationships, professional life, friendships, our own health and wellness and more? How do we maintain long-term connection?

Join me for a fun, no holds barred, no BS approach to exploring the human condition and the fundamentals of all our human connections.

BOOKINGS

Please email podcast@createthelove.com and my team will be in touch!

STATS

952k

Instagram Followers

#14

Apple Podcasts US Relationships - All Time

8MM

All -time Podcast Downloads

355k

Average Monthly Podcast Downloads

4.9★

3.8k Reviews