

The MG logo consists of the letters 'MG' in a bold, dark blue, sans-serif font, positioned inside a solid orange square.

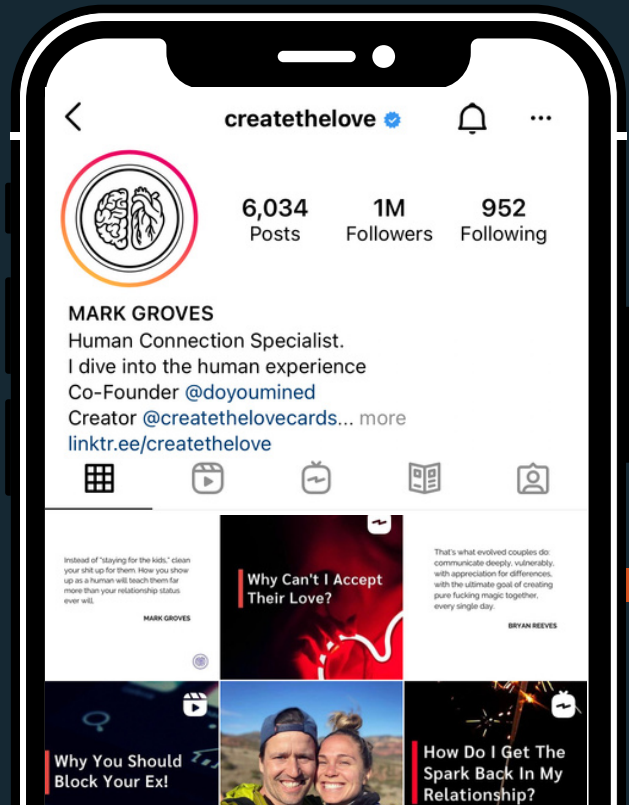
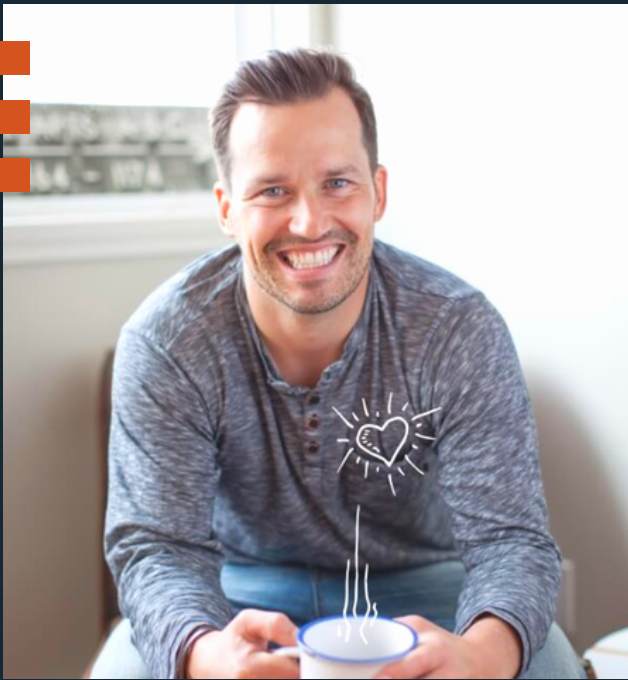
**MG**

A black and white portrait of Mark Groves, a man with short dark hair and a light beard, smiling broadly with his arms crossed. He is wearing a white dress shirt and a dark tie. The background is a plain, light gray.

**MARK GROVES**

Media Kit

A solid orange horizontal bar that spans the width of the page, positioned below the 'Media Kit' text.



# Creator. Writer. Speaker. Motivator.

- 🌐 4m page views
- 📷 1m followers
- 📘 115k followers
- 🎤 14m downloads
- 📺 23.8k subscribers

**Hi, I'm Mark.** I'm a Human Connection Specialist, founder of Create the Love and Mine'd, and host of the Mark Groves Podcast. In other words... I'm a speaker, writer, motivator, creator and collaborator.

My work bridges between the academic and the human, inviting people to explore the good, the bad, the downright ugly, and the beautiful sides of connection. All. The. Things.

My brain and heart are home to a lot of relationship nerding-out. Here's the deepest truth I (currently) know: I'm not here to eff around on this planet during this lifetime. I don't want to 'kinda' do things. I am here to

rock the boat. I'm here to share my truth. My purpose? To empower individuals to step into their power, transform the way they relate to themselves and others, and create authentic change – for a life + love they'll look back on with a resounding "f\*ck yes!"

**LET'S WORK TOGETHER** ✨➡️



# WHAT'S MY STORY?

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 on 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**
- ✨ **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.

## 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

# 14m

All-time Podcast Downloads

# 368k

Average Monthly Podcast Downloads (2021)

# 40k

Average Downloads Per Episode Over 60 Days

# 83%

of Listeners Identify as Female, 15% Male and 2% Non-Binary/Not Specified

# 28-34

Age Range of 40% of Listeners. Ages 35-44: 30%, Ages 23-27: 14%