



Michelle Maros

About me

Michelle has a deep desire to help people find happiness, fulfillment, and inner peace. She is the co-founder of the non-profit organization, Peaceful Mind Peaceful Life which is dedicated to furthering mental health and wellness of individuals through workshops, courses, programming, and online community.

Michelle, and her mom, Barb, are the co-hosts of the podcast **Barb Knows Best**. The show is an intimate, family-room-style conversation about all-things mental health, wellness, and inner peace. Michelle received a degree in Journalism from Indiana University, is a registered yoga teacher, and has received numerous certificates and trainings in meditation and mindfulness.

She teaches meditation workshops and seminars on mindfulness, meditation, and personal empowerment at the Boca Raton Regional Hospital and Florida Atlantic University and teaches mindfulness tools to teens through The Barb Schmidt Fellowship for Cultivating Community Involvement, Activism, and Social Change. She is passionate about empowering the next generation of thought-leaders by teaching these practices to teens and young adults.

DEMOGRAPHICS



FROM US



REACH



WOMEN



FROM UK



FROM
CANADA



FROM
AUSTRALIA

SERVICES

- Speaking Events
- Mindfulness Workshops
- Product Reviews
- Product Testing
- Writing
- Content Creation

CONTACT

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barb knows best, the podcast

Join Michelle and her dear mother, Barb, most commonly known as, Peaceful Barb, as they chat with you each Tuesday, on some of life's most important and helpful topics.

Barb and Michelle have been working together for over a decade to provide simple, helpful tools to help you manage the stresses of daily life, and they are thrilled to be with you all in this new format to invite you into this living room style chat on how they process daily life.

Michelle and Barb love being with you and sharing life with you all!

FAMOUS EPISODES

- Episode 7 - Finding Your Practice
- Episode 8 - Breaking Up Is Hard To Do
- Episode 12 - Becoming Your Own Best Friend
- Episode 15 - Noticing Unhealthy Habits

OUR LISTENERS

98% Female

25 - 34 - 17.3%

45 - 54 - 24.4%

71.6% from US

5.8% from Canada

35 - 44 - 34%

6.1% from UK

3.9% from Australia



—OUR STATS—



6,526 followers

24.7K accounts reached



90k+ downloads

since 5.1.22

7,500+ downloads

per episode

LET'S COLLABORATE!

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@barbknowsbestpod

www.michellemaros.com

Sample Our Reviews

Such a Special Pod

★★★★★

Listening to this podcast has been such a joy. I am a long time fan of Barb and Michelle on social media, so it has been such a treat to get a little more of them here. Thank you both for sharing your lives and life lessons with us. Listening to you in the mornings has been a much-needed bright spot in my day. Each episode has been such a great opportunity for me to build self awareness and to share a more present and kind self with myself and my loved ones. Thank you both for this gift!

by Catbutt_

The advice we all need

★★★★★

Thanks to Michelle for sharing your Mum, the wonderful, peaceful Barb and her wisdom with the world. Real and honest advice from the duo who chat 'in their living room' and bring us a long for the ride. My favourite new find.

by LCG84

Wisdom

★★★★★

I have been following you for a while on Instagram and am so grateful for your launch into this format. Your collaboration and willingness to share techniques for living your best life in dealing with relationships, emotions and self growth is so valuable. Thank you!!

by tinybubbles999

Love these ladies

★★★★★

Thank you for being you and the time you put into this podcast! It's so easy to listen to, with so much helpful information to absorb. Love watching your Instagram posts each day while having my morning coffee and now having this podcast to listen to on a walk is awesome. ❤️❤️

by Rachhop102

Services & Rate Sheet

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3 stories = \$300

5 stories = \$550

Product Testing & Reviews Grid Post

1 Grid Post = \$5,000

1 Grid Post + 5 stories = \$5,500

1 Grid post plus 5 stories & inclusion on michellemaros.com = \$6,500

www. MichelleMaros.com

Product Collaboration Web Listing with 15% commission program. - \$500

Product Collaboration Web Listing no commission program - \$1,000

Barb Knows Best, The Podcast

Please contact us at hkurstin@gmail.com for in podcast advertising opportunities.

Speaking & Workshops

Please fill out the speaking request form on our website at www.michellemaros.com so we can work with you directly on your needs.

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