

podcast  
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*Balance Shared*  
heal women | heal the world

# Balance Shared...



Hi! My name is Michelle Lasley. I'm your host, curator, and guide within "Balance Shared", this idea that we are all better together. Ever since I was 11 years old, I have had this deep belief and drive that it is our responsibility to make the world a better place. One way we do that is by sharing our inspiring stories. And, that's where this podcast comes in. This is the platform I use to help share your story, where together, we will share a vision of a future we can all co-create and be proud of.

## Season 1 Highlights

- 22 guests
- 37 episodes
- 10 countries
- 89% of audience identifies as female
- 47% of audience between 35-44
- 38% of audience 60+
- 62% of audience listens on Apple Podcasts

In order to move our world to a better place, we have a responsibility to share our stories. I talk to people who want to make the world a better place, who are doing something about it, and especially womxn and mothers.

**Season 1** topics included learning about tarot, how working moms do their work, SEO, public relations, aikido and the community, what it's like to be an empath, soul-led businesses and how they are different.

**Season 2** will add conversations on personal finance, how to use SWAG in your business, sex education, working with systems, is the law of abundance it?, what is a vegan lifestyle, and more.

**... is this idea that we are all better together**

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