



# SPEAKER MEDIA KIT

[InnerbloomPodcast.com](http://InnerbloomPodcast.com)

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# MEET INNERBLOOM.

SPEAKERS & TEACHERS ON HOW TO BE SELF-BELIEVERS



Alexa Jadd and Ambrosia Matthews are the co-founders and co-hosts of Innerbloom Podcast, the #5 podcast for spirituality on iTunes. Known across the East Coast for their motivation and mindset-based empowerment coaching, the dynamic duo is leading the next generation of changemakers.

Bringing over a decade of intuitive and behavioral regulation training, Alexa and Ambrosia are experts in emotional and behavioral development, regulation and maintenance.

**Today, the Innerbloom trailblazers speak with businesses, corporations and nonprofits about the impact of perspective how a few simple mindset shifts can increase productivity, revenue and employee morale.**

The duo achieves this mission by offering insight and facilitating exercises to help others **find their voices, learn to communicate their needs and above all, educate others how to be kind to themselves and remind them that they matter.**

7.2K

MONTHLY UNIQUE VISITORS

9.5K

MONTHLY PAGE VIEWS

3K

ACTIVE LISTENERS PER EPISODE

#5

SPIRITUALITY PODCAST ON ITUNES

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## POPULAR PROGRAMS

ALL PROGRAMS ARE CUSTOMIZED AND CAN BE DELIVERED BOTH VIRTUALLY OR IN PERSON.

### The Importance of Play:

Expand and grow into the highest version of yourself by channeling the person that knows you best: your inner child.

### How to Thrive in your Nine to Five:

The importance of connection and how being empathetic to yourself is the only way to be there for others.

### The Empathetic Employee:

Defining your empathetic self and how to get passed feeling afraid so you can empower yourself to be fearless.

FOR BOOKING INFORMATION, VISIT [WWW INNERBLOOM.COM](http://WWW INNERBLOOM.COM)



# HOW TO THRIVE IN YOUR 9 TO 5

## THE POWER OF PERSPECTIVE

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We're out of boxes to check. We're at our max capacity of emails to send. And most of all, we're out of energy.

But what if watching the clock hit 5 p.m. wasn't our daily source of happiness? What if we didn't have to go through the day on autopilot because we felt empowered to be our authentic selves? What if we told you we have the secret code to override your 9 to 5 lifestyle?

This session explores the importance of connection in the workplace and how and why lack of empathy is at the center of the employee cycle.

### **In this program, participants will receive:**

- A better sense of self at home and work.
- An understanding of how they can be fulfilled in their current work environment by identifying and implementing boundaries and empowered speaking.
- Prepared to enter the workforce as an empath, not just an employee.





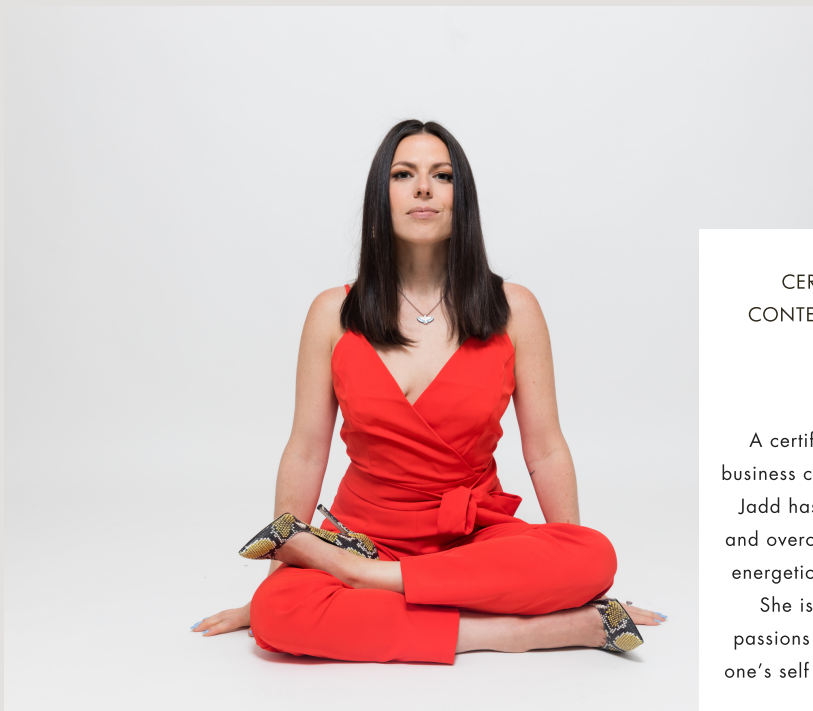
PSYCHIC MEDIUM. CERTIFIED LIFE COACH.  
NEUROLINGUISTICS PROCESSOR. PHYSICAL THERAPY ASSISTANT.

## AMBROSIA MATTHEWS

A psychic medium, certified life coach, professional intuitive healer and co-founder and co-host of Innerbloom Podcast, Ambrosia Matthews is a seasoned healer and instructor in the areas of trauma healing, clearing emotional blockages and self-worth. With over 20 years of experience, Ambrosia has taken the lessons she has learned throughout her life and turned them into her life's mission. Today, Ambrosia teach others how to get out of their head and into their hearts by helping them embody their gifts, too.

**6.9K**  
FOLLOWERS  
ON INSTAGRAM

**102K**  
FOLLOWERS  
ON TIK TOK



CERTIFIED EFT PRACTITIONER. INTUITIVE BUSINESS COACH.  
CONTENT CREATOR. MEDIA AND COMMUNICATIONS SPECIALIST.

## ALEXA JADD

A certified emotional freedom technique (EFT) tapping practitioner, business coach and co-founder and co-host of Innerbloom Podcast, Alexa Jadd has dedicated her life to one mission: helping others reprogram and overcome their limiting beliefs so that they can finally be free of the energetic blockages that keep them from living the life of their dreams. She is passionate about teaching and validating others that their passions are not an accident; they are pointing to the deepest parts of one's self and Alexa coaches how to share those talents with the world.

**10K**  
FOLLOWERS  
ON INSTAGRAM

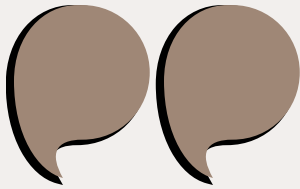
**360K**  
FOLLOWERS  
ON TIK TOK



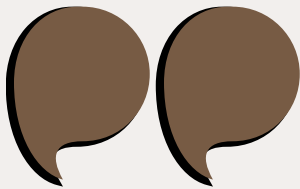
# TESTIMONIALS.



I am so grateful for what [they] do. Alexa and Ambrosia started my spiritual awakening and opened my eyes to so many topics. I love [these] two and I love how powerful this podcast makes me feel! Ambrosia and Alexa taught me that there are endless possibilities and that there is always hope. Thank you for everything and please never stop doing what you do.



Innerbloom has helped me connect on a level I didn't think was possible. Their podcast has allowed me to really look beyond my standard view of thinking. I also went on a retreat with them, which was an experience I'll never forget. Alexa and Ambrosia allow their viewers to come on their journey and embrace you as you begin and continue yours.



This is the first review of a podcast I have ever done and this podcast truly deserves it. These women inspire me every day. Every morning. They remind me that anything is possible and talk about so many topics that are so important. They also interview so many individuals that have shared amazing insights and advice that have furthered my journey toward enlightenment, my purpose and loving myself.