



***Motherhood  
Meets  
Medicine***

Thank you for being a guest!

# WHAT TO EXPECT



## 01

I record with Zencastr. Please be prepared at our agreed upon time. Please make sure that your mic/audio is working and that you are in a quiet area to record beforehand. ***If you have a mic and headphones, please use them to help us capture the best possible audio.*** Please also make sure that your phone is on silent.

We will chat for a few minutes beforehand to make sure everything is working properly. Each show will last 45-60 minutes.

## 02

The format of this podcast is informal and laid back. I want our listeners to feel as if we were friends providing them with helpful information while sipping our morning coffee.

## 03

The interview will be edited so no worries if a child comes in to ask some questions :)

Once the podcast has aired, I will send along your audiogram as well as links/other materials to share with your audience.



# PODCAST SETUP



## 01

The show will start off with me introducing you and then having you answer a few questions:

- 1.) Do you have any children? Ages?
- 2.) Are you currently working on any projects you want to tell us about?

## 02

After the introduction we will dive right into the pre-planned topic that we agreed upon. We will chat about this topic candidly for about 20-25 minutes

## 03

After 20-25 minutes we will switch over to questions from my community (only on the topic at hand). This Q&A section will be about 20 minutes long. We will try to get through as many as possible but there is no rush. If we can only do 1, we do 1!



# PODCAST SETUP



## 04

Lastly, to wrap up, I will ask you these two questions below. These are questions I ask every guest on my podcast.

- 1.) What is one piece of advice that you wish you knew before becoming a mother?
- 2.) Where can we find you online? (Youtube, Instagram, Website, etc.)



# LEGAL TERMS



By participating in the Motherhood Meets Medicine interview, you agree to allow Motherhood Meets Medicine and Lindsay Coughlin to record, distribute, and disseminate the podcast in any manner. You also agree to allow Motherhood Meets Medicine and Lindsay Coughlin to retain rights to the produced media for potential future use for other public distribution.

