



<https://www.raquelmartinphd.com/>

Dr. Raquel Martin

INSPIRATION, AFFIRMATIONS, & EDUCATION

LICENSED CLINICAL PSYCHOLOGIST
WRITER
PODCAST HOST
PROFESSIONAL SPEAKER

MEDIA KIT

Hi, I'm Raquel

LICENSED CLINICAL PSYCHOLOGIST

This space could contain the story behind the publication. Share interesting facts about your background or career. You can also talk about your experience while getting the book together. A direct quote is another option!

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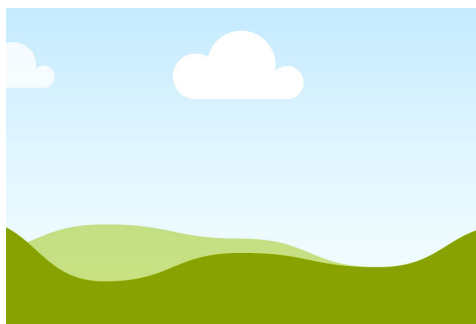
75K

podcast downloads



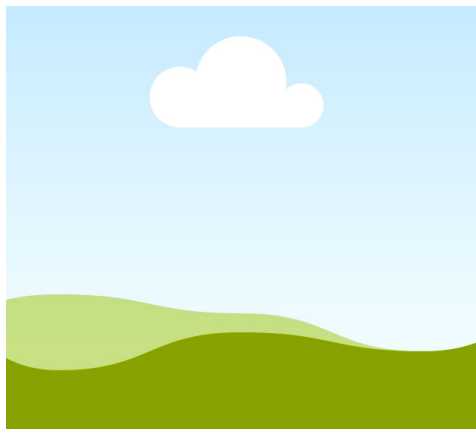
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email subscribers



SPEAKING TOPICS

- ✓ Mental Health and Well Being:
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- ✓ Train Your Brain:
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- ✓ Managing Stress
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FEATURED IN:

Parents



Forbes

BuzzFeed News



NashvilleVoyager

THERAPY *for*
BLACK GIRLS

Client Testimonials

Dr. Raquel had us laughing, nodding and taking notes throughout her entire talk. Our community is still raving about her and how much value they got from her presentation. If you're looking for a speaker who can make a complicated topic feel accessible and engaging, you're in the right place!

Lexi Merritt, Founder - Pretty Decent Internet Café

I truly enjoyed the last Comfy Couch that was presented by Dr. Martin. She was extremely professional and came prepared to share her knowledge and tools with us. The presentation was informative and educational. She enthusiastically and thoroughly answered any questions from the group. As a parent, the presentation gave me a new perspective about how childhood trauma I experienced can affect my parenting as well as tangible tools to work on things in my past so I can limit their effects on mine and my children's futures.

***Cassandra Bataille
Open up wellness Founder and President***

***Ebba Schmid
Retention Specialist
Chicago Women in Trades***

Chicago Women in Trades was looking to give our members a helping hand in mental health resources. After finding Dr. Martin and researching her services, it was a clear and easy decision to book her to discuss self-care tactics. The "Strategies for Self-Care" workshop covered the importance of self-care and how to develop a personal self-care plan. The workshop was conducted in an extremely easy manner, with simple suggestions for our members. They were engaged the entire time with questions, practices and personal assignments. Dr. Martin was received so well from our members, that we immediately booked another workshop with her! We highly recommend scheduling Dr. Martin as a mental health resource who brings expert knowledge, professionalism and humor into her work.

The Podcast

MIND YOUR MENTAL

Mind your mental is a podcast that seeks to educate, empower, and uplift those seeking guidance through the monumental world of mental health and wellbeing. Join Dr. Raquel Martin as she discusses how she manages her mental health as well as the mental health and well being of others as a Licensed Clinical Psychologist.



Mind Your Mental
with Dr. Raquel Martin

MOST DOWNLOADED EPISODES

Ep3: You Are Entitled to Success
with guest Rachelle Beaudry

Ep8: Why is Self-Care Important?
with guest Isabel Mercado

Ep27: How to Find Your Peace
with guest Juliana Silva

**Ep22: Simple Self-care & Wellness
Routine during a Pandemic**
with guest Marceline Anderson

STATISTICS

350k+

total podcast
downloads

18k+

average monthly
downloads

5k+

unique monthly
visitors

4.9

podcast rating

MY AUDIENCE

90%

women

70%

25-31 yrs old

57%

USA

The Blog

RAQUELMARTINPHD.COM/BLOG

Use this space to share and promote your podcast. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Cras at velit convallis, condimentum mi nec, mattis erat.

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STATISTICS

7,000k+

average monthly page views

5,500k+

unique monthly visitors

17% / 45%

organic search / direct visits

1800+

email list subscribers



MOST VIEWED BLOGS

How to Create a Balanced Life
with guest Rachelle Beaudry

Why is Self-Care Important?
with guest Isabel Mercado

Self-care Routine during a Pandemic
with guest Marceline Anderson



WHO I WORK WITH

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WHAT YOU CAN EXPECT

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GET IN TOUCH

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Raquel