



“Make it about the audience, and you can’t go wrong.”
- Farnoosh Torabi.

A firm believer in this statement, Liz Carlile, the host of the podcast, *Motherhood Unstressed*, believes in crafting quality content that is loved by her audience. Her hard work has paid off, and the podcast has become a roaring success- it ranked #99 on the Apple Podcast Charts in Norway and #127 in Canada in 2020. With 206 episodes, and new episodes released every Monday and Wednesday, Liz is fully committed to her podcast. She has also conducted a TEDx talk on the theme ‘Self-care isn’t Selfish’. Her Instagram page @motherhoodunstressed, with over 20,000 followers has posts which hope to motivate people to live better lives. She is also an entrepreneur - she has a line of organic hemp called CBD. She is also a skilled media professional specialising in social media marketing, sales, public talks and holistic wellness. She has been an NBC Panelist for Atlanta & Company since 2018, and has been writing for The Red Tricycle Blog and The Elephant Journal since 2017. She received her BA in International/Global Studies from the University of Minnesota, and has been certified a health coach by ‘The Certified Institute for Integrative Nutrition’. She has also written several articles on Medium, a blogging platform.