

imPERFECTly emPOWERed Podcast Guest



AHNA FULMER

WWW.HAMMERSNHUGS.COM

SCHEDULE YOUR
INTERVIEW HERE!



ABOUT THE PODCAST

The *imPERFECTly emPOWERed Podcast* inspires women with authentic stories and practical strategies to reclaim their hearts and homes by empowering transformation - one imperfect day at a time.

ABOUT THE HOST

Ahna Fulmer is the author and owner of leading DIY lifestyle blog, *Hammers N Hugs*. As a nurse practitioner, Ahna teaches research-based strategies to prevent disease and promote healthy transformation through her virtual fitness/nutrition program. She has been published by the *American Heart Association* and featured on major platforms such as *iHeart Radio*, *ABC News*, *Wayfair*, *Apartment Therapy*, *Authority Magazine*, *Home Talk*, *Thrive Global*, and *American Farmhouse Style*.

ABOUT THE INTERVIEW

60 min video on Zoom. Pt 1 - Your story of mistakes made and lessons learned that empowered where you are today. Pt 2 - Your expertise, practical takeaways, product/service promotion (links also to be included on the interview blog post at HammersNHugs.com).

WHAT DO I NEED?

This checklist is also on the [guest prep form](#).

- Strong internet signal in a quiet room
- Desk lamp, ring light, or full sunlight in front of your face for the video interview
- High-quality headphones and an external mic

WHAT WILL I GET?

To be used as desired by the guest.

- Promotion to Hammers N Hugs audience (currently > 3 million/month)
- (1) full-length YouTube video
- (1) preview video (square & vertical)
- (1) promo card (square & vertical)
- (1) quote card (square & vertical)
- (1) copy of show notes

LET'S DO THIS!

WHAT HAPPENS NEXT?

1. Schedule your 60 min video interview [\[HERE\]](#).
2. Complete the guest prep form [\[HERE\]](#) prior to the interview.



QUESTIONS? EMAIL AHNA@HAMMERSNHUGS.COM

