



# Do the work

2024 MEDIA KIT  
*a podcast by sabrina zohar*

## **about** *Sabrina Zohar*

Sabrina Zohar is the multi-faceted entrepreneur and media figure responsible for coaching hundreds of thousands of people to Do The Work to improve their relationships with others—and more importantly: their relationships with themselves. In addition to her successful podcast, Sabrina Zohar is the founder of SoftWear, a sustainable clothing brand, which has been recognized in Forbes, Marie Claire, NY Times, Men’s Health, Men’s Journal, and more

## **about** *the podcast*

Do The Work is a no-bullshit, growth-minded online community, podcast, and coaching platform for people seeking growth in their dating lives and personal relationships. Millions of listeners tune in weekly to Do The Work for clear and actionable insights, and supported by board-certified and licensed psychologists. The Do The Work podcast is in the top 0.5% globally with over 5 Million downloads in its first year—with a 4.9-star rating on Apple and Spotify.

# Podcast

# Socials



172,000  
SUBSCRIBERS



800,000  
Plays per month



600,000  
FOLLOWERS

@do.the.work.podcast



322,000  
VIEWS



860,000  
FOLLOWERS



130,000  
FOLLOWERS

@sabrina.zohar



## speaking points

- The importance of personal growth and healing in the dating and relationship journey.
- The role of vulnerability and authenticity in building meaningful connections.
- How childhood experiences impact our adult relationships and how to heal from past traumas.
- The power of setting boundaries in dating and relationships.
- Strategies for overcoming anxiety and insecurity in dating.
- The role of communication and conflict resolution in maintaining healthy relationships.