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Hope and a Compass Podcast

Better Times are Coming

Your Weekly Dose of Optimism

Join me, your host Katja Jaqueline, and some truly inspirational guests, as we guide you through the challenges on your journey to mental wellness with confidence, positivity and gratitude. If you're struggling to cope, feel hopeless, or alone- we'll be your port in the storm.

Each week, I'll speak to a different guest who has successfully overcome a mental health issue - with one goal. To find out how they did it, so you can, too.

We'll not only be discussing their mental health experiences and challenges, but discovering what they can teach you from their own recovery, and the tips and tools you can put into practice to change your life right now.

Not Just Any Mental Health Podcast

When you're battling your own mind every day, it can be draining, stressful and lonely. You might feel completely out of control of your emotions, or as though you've tried everything and nothing seems to work. It can be tough to find people who really understand what you're going through, and even tougher to see that there is light at the end of the tunnel.

That's why Hope and a Compass was born. To put you back in control of your life with actionable advice from real people with real success stories. Whether you're struggling with anxiety, depression, phobias, relationship issues, life transitions or low self-esteem, recovery IS possible and we're going to show you how.

Not only that, we'll help you find your silver lining along the way - whatever your situation.

Get the Practical Help you Need Today

If you're among the one in four adults suffering from mental health problems each year, you might be struggling to access the help and support you need. That's why Hope and a Compass was designed to be more than just a great listen - it's your FREE, expert self-help guide, too.

After each episode, You'll come away with:

- Proven practical coping strategies to help relieve your symptoms.
- 5 Top Tips from people who've experienced exactly what you're going through - and come out the other side.
- Links to the best mental health resources available, from books to apps, websites, worksheets and products, so you can start working towards wellness straightaway.
- The confidence and tools to take responsibility for your own recovery.
- Expert advice you can trust.

And, most importantly, hope that things CAN and WILL change for the better.

Why wait? Start improving your health today.

If you've hit a rough patch, the time to get started is right now. So, brew your favourite tea, settle into your comfiest chair, hit play and let us help take the hard work out of mental health recovery.

Subscribe to Hope and a Compass now to be the first to know about new episodes, all of our latest updates, as well as exclusive discounts on mental health resources to support your wellbeing. You can discover more about my wide range of specialist wellness worksheets [here](#).