



**MIND
MONEY
BALANCE**

**WITH FINANCIAL THERAPIST
LINDSAY BRYAN-PODVIN, LMSW**



Therapist • Author • Speaker • Podcaster • Entrepreneur

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About Lindsay

Lindsay Bryan-Podvin (she/her) is a biracial financial wellness expert, speaker, and author of *The Financial Anxiety Solution*. Seeing a gap in how most personal finance experts treated money stress as a problem of "will" or "determination," she paved the way to help people look at the intersection of their mental and emotional health and money in a shame-free way.

She champions the belief that money is rooted in emotions and impacted by the systems around us. She has a degree in sociology and a Master's in Social Work. She is a certified Trauma of Money Method™ Facilitator, CFT-I™ (Certified Financial Therapist™), and Certified Financial Social Worker, and she creates and facilitates financial wellness workshops at the University of Michigan.

Values

Lindsay weaves her values into her brand, taking a feminist, anti-racist, and intersectional stance in her work.



As Seen On



and more, [click here](#) for a full list of features.



Audience Statistics

- Average email open rate 40.7%
- Predominately female (71% female on Spotify; 61% on YouTube) and aged 23-44 (80% on Spotify; 79% on YouTube)

5K Active Email Subscribers	14K Organic Instagram Followers	75K Podcast Downloads	13K Average Monthly Website Visits
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Mind Money Balance and You

Lindsay is available for paid sponsorships, blog posts and articles, speaking engagements, and trainings that are aligned with her values.

Contact Information

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