

From 9 to Mom

WORKING MOMS PODCAST



2026 Media Kit

GET TO KNOW US

about us

Someone once said, “the best ideas come from a combination of diverse perspectives and experiences, not from isolated moments of genius.” And boy, does that perfectly describe how From 9 to Mom came about. Catie and Danielle work in digital marketing, and while they were researching podcast marketing, they were also raising three kids of their own. Okay fine... only two kids, but a husband sometimes (definitely) counts as one, too! Every work day, Catie and Danielle spent a little bit of their day sharing stories about their kids that you couldn't possibly make up, even if you tried, how many shots of espresso were in their Starbucks cups, or simply just letting out a big sigh. They realized they had each other through this journey of motherhood while being working moms, but also knew there were so many other moms out there going through the same thing they were. What better way to have all of the working moms know they're not alone, than by Catie and Danielle sharing their own personal experiences on a podcast. And that's how From 9 to Mom was born! From 9 to Mom is a podcast made by moms, for moms balancing the 9-5 with the chaos of motherhood. It's a stress-free, vent sesh as we call it, that turned into something we look forward to recording every week. Whether it's personal stories or any professional advice from guests, we know moms near and far are also listening in, sharing a laugh, or relating to the same season we're in. They say it takes a village to raise kids, but let's be honest, it truly takes a vineyard. And we're not here to judge if you crack that wine bottle open a little earlier than 5 p.m... as long as you pour a glass for us to share with you!



OUR AUDIENCE



11K
FOLLOWERS



3.7K
FOLLOWERS



390
FOLLOWERS



19
SUBSCRIBERS



77
SUBSCRIBERS



56
FOLLOWERS

Age



Under 18	9%
18-24	27%
25-34	37%
35-44	17%
45+	10%

Gender



87%
Female



13%
Male

Top Episodes

gut health featuring Club Gevity

Financial Wellness featuring Christine Limuti

Honoring infant loss awareness month

Parenting styles

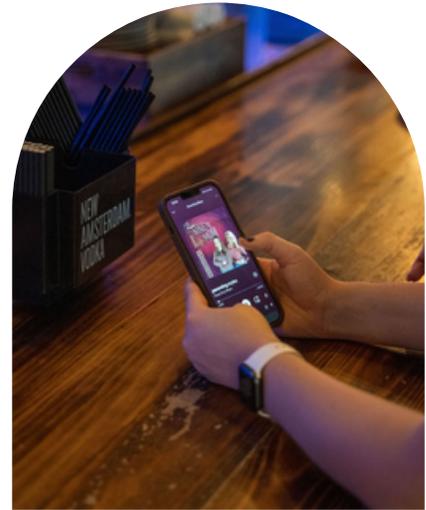
breastfeeding

barely holding it together

follow us



How can we work together?



BE A GUEST

We're always looking to feature real, relatable, and inspiring voices on *From 9 to Mom*—the podcast where working moms talk about the chaos, the career wins, the meltdowns, and everything in between.

We want guests who:

- ✓ Have a story or perspective that helps moms feel seen, heard, or supported
- ✓ Can speak on topics like career growth, motherhood, identity, relationships, mental health, business, burnout, balance (or lack of it 😊)
- ✓ Don't shy away from honesty, humor, or a little "you can't make this sh*t up" energy
- ✓ Are open to a conversational format — less polished, more personal

Whether you're a mom, expert, coach, entrepreneur, or someone with a great story and a good sense of humor — we'd love to hear from you. Let's normalize the messy middle and celebrate what it really means to do it all (and drop a few balls in the process).

SPONSOR AN EPISODE

Get your brand in front of a loyal audience of working moms by sponsoring an episode or segment. Whether it's a quick shoutout, a product spotlight, or a recurring segment like "Mom Hack of the Week", we'll weave your message in seamlessly and authentically.

Ideal for: products, services, or businesses that support moms, families, careers, or self-care.

COLLABORATION

From content, podcast swaps, giveaways, promos we are interested in seeing how we can work together to grow our reach.

If you are interested in doing a podcast swap, send us an email and we'll get started on the process.