

Sandy Cooper

-PODCASTER - WRITER-
-BIBLE STUDY TEACHER-
-HOME CHEF-

MEDIA KIT

www.thescooponbalance.com



Hi, I'm Sandy!

I HELP FRAZZLED MOMS FIND PEACE

- I believe one of the greatest struggles moms face is discouragement, so my mission is to encourage overwhelmed moms. I love to take the light of God's Word and shine it on the lies of the enemy. I show women how to access the peace of God so that they can raise their children with joy and confidence.
- I follow Jesus, unapologetically.
- I have been married to Jon for 30 years and we have 4 children, ages 16 to 24. my oldest son died when he was 9 months old and 2 of my kids are adopted. We've been through some stuff and I'm super proud of us for hanging on.
- I successfully manage clinical anxiety and depression with diet and lifestyle. it's no joke, man.
- I left social media for good in 2021 and it was one of the best decisions I've ever made.
- I am a recovering People Pleaser, a recovering Perfectionist, a Reformed Late Person, and the world's worst Multi-Tasker.
- I love lists (and parenthetical phrases).



1.75M
all time website views



165K+
podcast downloads



1,700+
email subscribers

The Podcast

THE BALANCED MOMCAST

A podcast for Christian moms who sometimes feel overwhelmed, frazzled, or exhausted,

Each week (except for summers, when I take a break) I offer practical tips, Biblical inspiration, and humor to help listeners gain clarity and focus so they can find the real balance they've been seeking in their family and personal life.



More Focus~Less Frazzle

MOST DOWNLOADED EPISODES

EP20: How to Help Someone with Depression and anxiety

2800+ Downloads

EP13: Helping your family transition to healthful eating

1800+ Downloads

EP15: Five ways to sabotage your summer balance

1600+ downloads

EP138: Raising Teens

1,300+ downloads

STATISTICS

164K

total podcast downloads

7K

average monthly downloads

top 1.5%

podcast rank

5

podcast rating

MY AUDIENCE

100%

women

90%

25-55 yrs old

98%

MOMS

Podcast Distinctions



“Top 1.5% of all
podcasts”

BY LISTEN NOTES

“Top 50 Moms in
Podcasting”
#10!

BY PODCAST
MAGAZINE

“New and
Noteworthy”

BY ITUNES

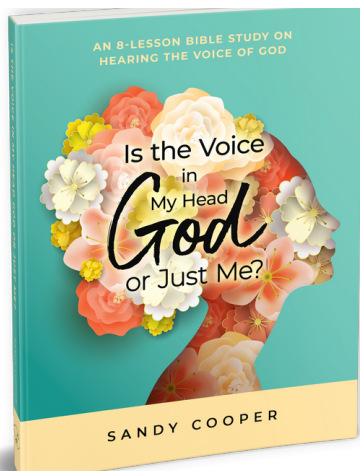
“Top Christian Mom
Podcasts of 2023”
#2!

BY FEEDSPOT.COM

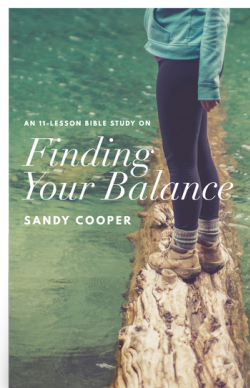


"Mom, You're Amazing! And other things I want to tell you" is a refreshingly honest and spiritually insightful collection of essays spanning my 25-year parenting journey.

TheBooks



"Is the Voice in my head God or just me?" is an 8-lesson, in-depth bible study about hearing the voice of god.



"Finding your Balance" is an 11-lesson bible study to help you Identify and live your highest priorities and overcome the common barriers to balance

Book Reviews

i loved this bible study. it surpassed all my expectations.

-Sarah

This is easily one of the best books I've ever read. I don't think I made it through a single chapter without crying because it made me feel so validated, encouraged, and SEEN.

-Rebecca

The Blog

THESCOOPONBALANCE.COM

I've struggled with balance since forever.

Through most of my 20s and 30s, I was harried and overly busy, disorganized, and unfocused. Juggling my career, my home, my marriage, my ministries, and eventually my babies, left me feeling drained and inadequate.

I spent two decades trying to figure out how to balance my life,

I've learned a few things, and this is where I write about it.



STATISTICS

2,000

average monthly page views

1.75 million

all time page views

1,700+

email list subscribers

BEST POSTS ON BALANCE

[better balance starts here](#)

[how i manage anxiety every day](#)

[21 questions to ask yourself when
you're feeling off-balance](#)

[the real scoop on balance \(balance is
not a myth\)](#)

The New Podcast

WRITING OFF SOCIAL

A podcast for female Christian writers who want to grow and nurture their audience without social media,

In January 2023, Mary K. Tiller and I launched a top 3% ranking podcast.



Our Vision

TO EMPOWER EVERY FEMALE CHRISTIAN WRITER TO CONFIDENTLY REJECT LIFE-SUCKING, INEFFECTIVE METHODS OF PLATFORM GROWTH AND INSTEAD PURSUE STRATEGIES THAT PLAY TO HER STRENGTHS AND YIELD A BETTER ROI.



This is a Revolution!

May 23, 2023

★★★★★

ReginaSanchez

I just love these Podcasts with Sandy and Mary K. We have been so indoctrinated to think that the only way to grow our business or our writings is to be on social media. Yet Social Media Platforms have us spinning our wheels and wasting our time. I love their honesty, their struggles and their hearts. I look forward each week to the support these women are giving us. God bless you ladies! Love you both.



OFFICIAL BIO

Sandy Cooper is a Bible study teacher, podcaster, writer, and professionally certified plant-Based home chef. She helps frazzled women find peace.

She is the author of three books, including her latest, Mom, You're Amazing! And Other Things I Want to Tell You.

She has been blogging since 2008 at thescooponbalance.com and podcasts weekly at The Balanced MomCast and Writing Off Social from her home office in Florida where she lives with her family.

STATEMENT OF FAITH

my statement of faith aligns with that of my local church. You can find a detailed statement of faith at <https://coe22.com/about>



 Sandy

GET IN TOUCH



thescooponbalance@gmail.com



www.thescooponbalance.com



502-544-8684



[book a call/interview](#)



[For podcast interview info and current speaking topics click here](#)