



Interested in being a guest on Get Yourself Optimized?

We would love to hear and share your stories, lessons, and techniques for an optimized life.

What we need from you:

1. Email us at admin@stephenspencer.com with the following information:
 - A. Your name and a brief introduction.
 - B. Relevant information, links, and attachments (website, published works, etc.)
 - C. What you feel you can contribute:
 - Business and entrepreneurship
 - Relationships
 - Fashion
 - Mindset
 - Lifestyle
 - Healthy eating
 - Income building
 - Health and fitness
 - Confidence and happiness
 - Building positive habits
 - Creativity and problem solving
 - Other (please explain)

2. Wait for an email to schedule a time, if accepted.

Please note that we receive a lot of guest submissions. That said, even if you may not be the right fit for the podcast, we will do our best to respond to each email as soon as possible.

3. For accepted guests: we're excited to have you on the show!

We will be in touch to schedule your Skype interview with Stephan. Please be aware that since the show is weekly, it may take some time for your episode to publish (often 2-4 weeks after your interview). Two days before your interview, you will receive a guest checklist to help you prepare, and will need to respond to submit your bio, headshot, and confirm your scheduled call time. Please ensure that we have the best contact email to receive this information promptly.

Thank you for your interest in being on Get Yourself Optimized!