

# This Complex Life.

MARIE VAKAKIS

Guest Information Pack



I appreciate that your time and energy is precious, and am excited you are considering coming on the show for a conversation.

Here's what This Complex Life is all about, and the next steps for recording an episode together...



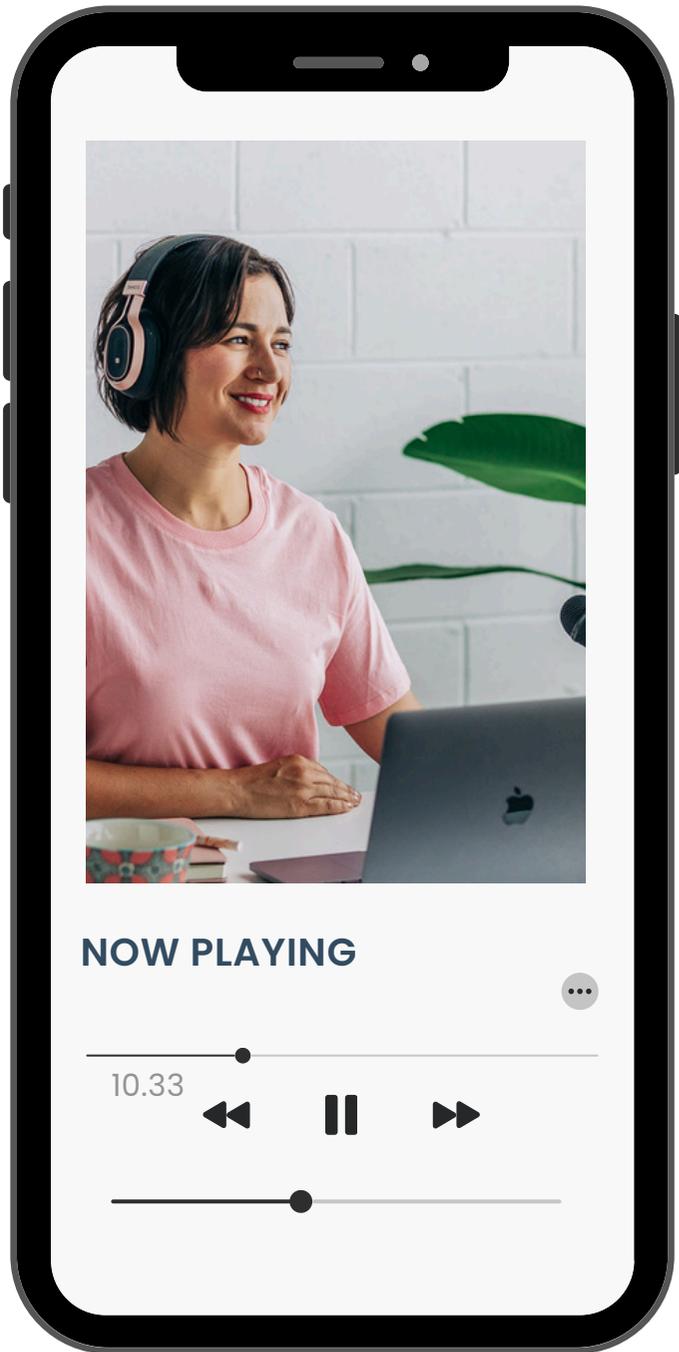
## Your Host

**I am Marie Vakakis an Accredited Mental Health Social Worker, Couples and Family Therapist, presenter, podcaster, and trainer who believes the quality of our relationships directly impacts the quality of our lives in general, and our mental health in particular.**

**As a therapist, I have worked with hundreds of individuals, couples and families to build strong, satisfying and fulfilling relationships which in turn builds good mental health.**

**I am a lifelong learner and wanted to bring my love of learning and connecting with others into the ears of my community.**





**Welcome to  
This  
Complex  
Life**

# Podcast Summary

Got questions about parenting, teenagers, or relationships? Ever wonder why your teen won't talk to you, or why your relationship feels like hard work lately? Hi, I'm Marie Vakakis—a therapist, mental health educator, and someone who's been behind the scenes with countless families and couples navigating the ups and downs of real life.

This *Complex Life* is your go-to for relatable insights, practical advice, and real talk about parenting, raising teenagers, and navigating relationships. I'll share what I've learned from years of sitting in the therapist's chair—helping parents understand their teens, supporting couples through tough times, and figuring out what actually works when life feels overwhelming.

Whether it's understanding your teen's moods, handling family drama, or reconnecting in your relationship, I'm here to give you practical advice, relatable insights and a little humour to keep it real. Parenting and relationships aren't easy, but they don't have to feel impossible.

Tune into *This Complex Life* for honest advice and actionable tips to make life's messiness more manageable.

On my podcast, I dig into the nitty gritty of wellbeing and relationships, combining insights from respected guests with my own experiences.

We talk openly, steering clear of any stigmatising language, promoting open and non-judgmental conversations.

My mission is to bring these sometimes complex and messy things to people's ears and brains, making them relatable and breaking down tricky themes and ideas. By sharing these talks, we build a supportive community where listeners, guests, and I can grow together in understanding mental health and relationships. We're all in this messy life together



# What to expect

Please complete [this form](#) prior to our interview.

Once you're booked in I'll work on a few talking points and questions to help guide our conversations and have them to you prior to our interview. We'll schedule for 1 hour to go at a nice and easy pace and to get to know one another. The actual podcast recording will be about 25 minutes long.

I will be recording the audio and the video to create the podcast and social media assets, please let me know if you don't give permission for this to occur.

# Sound tips

So we can create a high-quality recording, please carefully read the following:

**Be in a Quiet Space:** Everything around you will be heard by people listening to the interview, so ideally you will be in a quiet room with the phone off the hook, mobile on silent and the dog outside 🐕 (if you have one). We will check this before starting.

## **IMPORTANT: to get the best quality from Squadcast:**

- Please close down all other applications if possible eg browser, excel, iTunes etc, so Squadcast has all the computer resources it needs.
- Close your email program and any other programs with sound notifications as these computer sounds will come through to the recording.
- Turn off any notifications that might pop-up with a PING while we're talking – we will hear them on the recording!
- Microphone Headset – for best sound quality, its best to have a headphone and mic set.
- The headphones that come with an iPhone that have a microphone built-in also work well, if you have those that's better than just recording onto the computer.

# Let's build some hype

Let's get the word out!

Promote before, during, and after the episode

We can't help people if they don't know we exist! Sharing this podcast is about more than just promotion—it's about reaching the people who need these conversations most.

By spreading the word, you're helping build a supportive, informed community that values mental health and strong relationships.

I've made a checklist for you [here](#)

# How You Can Help

## Follow the Show

- Before sharing, make sure you're following This Complex Life on your preferred podcast platform and social media.
- Leave a review or rating—it helps the show reach more listeners!

## Promote Before, During, and After

- Use your social platforms to get people excited and engaged at every stage:
  - Before: Build anticipation.
  - During: Share behind-the-scenes.
  - After: Post the link and encourage others to listen.

# Before the Interview

1. Tease the Episode:
2. Post on Instagram or Facebook:
3. "Excited to chat with Marie Vakakis on This Complex Life soon! We'll be unpacking [topic]. Stay tuned for an amazing conversation!"
4. Suggested Tags: #ThisComplexLife #PodcastGuest #MentalHealthConversations #Relationships

# During the Episode

1. Go Behind the Scenes:
2. Share an Instagram Story or TikTok while recording:
3. "Just wrapped up an insightful session with Marie for This Complex Life! Can't wait for you to hear it!"
4. Suggested Tags: #PodcastInProgress  
#MentalHealthMatters #RelationshipsTalks

# After the Episode

1. Share the Episode:
2. Instagram/Facebook:
3. "It's live! I loved chatting with Marie Vakakis on This Complex Life about [topic]. Listen now: [link]"
4. LinkedIn:
5. "Honoured to be a guest on This Complex Life. We covered [specific insight]—check it out here: [link]"
6. Suggested Tags: #PodcastLive #ThisComplexLife #MentalHealthAwareness
7. Create a Reel or TikTok:
8. Use a soundbite from the episode with text overlay:
9. "Here's a quick takeaway from my conversation with Marie Vakakis on This Complex Life! Full episode available now."

**Let's build momentum together!  
Together, we can make sure these  
important conversations reach  
those who need them most.**

**Follow the show, share it, and let's  
inspire positive change!**



**Follow itunes**



**Follow Spotify.**

# Lets do this

