

# Sahar Huneidi Palmer

Intuitive Life Mentor | Bestselling Author | Host of Unbox The Podcast

## Podcast Mission

A portal for self-empowerment, sharing life mentoring insights drawn from 30+ years of guiding personal growth.

## Topics Covered

- ✓ Personal transformation & intuition
- ✓ Conscious living & alignment
- ✓ Holistic well-being and balance
- ✓ BEMA™ Methodology: Body, Emotions, Mind & Accountability

## Highlights

- 150+ evergreen episodes
- Launched in 2005
- Signature BEMA™ method for real transformation



Sahar Palmer helps listeners overcome life's challenges with clarity and confidence, reconnecting them to their inner wisdom for a more meaningful life. Described as a thought leader in her field, she brings deep insight and practical guidance.

**123**

Countries around the world have tuned in

**3.6K+**

Monthly downloads

**150+**

Published episodes with lasting value

**40K+**

IAB-verified total downloads since 2021

## Audience Profile

- ✓ Professionals seeking personal growth and balance
- ✓ People interested in spiritual development and well-being
- ✓ Loyal and repeat audience that values depth and authenticity

USA..... 8.5K  
INDIA..... 3.5K  
UAE..... 2.5K  
UK..... 2.3K



## Why Sponsor

Reach a loyal, growth-minded audience that values authenticity and meaningful content; ideal for conscious holistic wellness brands.

## Evergreen Content

Your sponsorship lives on in episodes that continue generating downloads, offering long-term exposure and value.

## Cross-Platform Visibility

Over 22,000 views on the YouTube playlist. Reaching a wider, visual-first audience beyond podcast platforms.

## Credible Affiliation

Align your brand with a trusted voice in personal growth and holistic wellness. Best-selling author. Recognised media presence.

GET IN TOUCH



[sahar@saharhuneidi.com](mailto:sahar@saharhuneidi.com)

