# High Vibe Times Interview Request

## Please answer a minimum of 10 questions and ensure you include the questions & answers together in your reply.

* State your Name and Business Name
* Where do you practice? List physical location and if online, please state.
* How can people reach you? List telephone number, email and social media channels.
* Tell us about yourself.
* What services do you offer?
* What got you into the Healing and Wellness space?
* Can you share the moment or experience that led you to get into this line of service?
* What personal challenges or experiences have shaped your approach to your healing/wellness modality?
* How did your background and upbringing influence your decision to go into this line of work?
* What specific aspects of your practice resonate most with you?
* Were there any significant mentors or influences in your journey? If yes, please tell us about them. If they offer their services to the public, please include a way to reach them.
* What has been the most rewarding aspect of your practice?
* How do you stay inspired and motivated in your work?
* What challenges have you faced in your practice, and how have you overcome them?
* Can you describe a particularly memorable or impactful moment with a client? Stories like these are what make people remember you and your offering. Please be as detailed as possible without disclosing any personal information.
* What do you believe sets your healing practice apart from others?
* How do you balance your personal life and your dedication to healing?
* What advice would you give to someone considering a similar path?
* How do you stay current with new developments in your field?
* Please share any other experiences or information that would help people get to know you better while giving them a deeper understanding of what motivates and drives you to offer your services. Sharing information like this will help you find aligned clients who resonate.

## Notes:

* Before sharing your interview, you need to “[Subscribe](https://highvibetimes.ca/)” to HighVibeTimes.ca (scroll down a bit, enter your email address and click “confirm subscription” when you receive the confirmation email
* Before sharing your interview, please follow @MyHighVibeTimes on Facebook and Instagram.
* Can you think of at least three other people you know who can benefit from this type of exposure? If yes, consider sharing the opportunity with them.
* Do not worry too much about grammar, etc. Just get your ideas and core response out. I can assist in cleaning up grammar and the flow. You will come across sounding like yourself, smart, knowledgeable and ready to serve.
* There may be some follow-up questions once you submit your initial response
* Please supply a photo of yourself that can be posted at <https://highvibetimes.ca/the-healing-journey> to accompany your interview
* Please be prepared to share your interview with your network and invite them to support the good work being done at High Vibe Times by:
  + Subscribing: <https://highvibetimes.ca/>
  + Follow: <https://www.facebook.com/myhighvibetimes/>
  + Follow: <https://www.instagram.com/myhighvibetimes/>
* If you reference businesses, associations or other healers in your article, please include a URL or their social channels so that we can link them to your interview. The goal is to support as many healers and lightworkers as possible and sharing their information will assist with this

Any questions, please reach out to Teresa at [teresa@highvibetimes.ca](mailto:teresa@highvibetimes.ca) or text/call: 204.851.1931