



WWW.FIREMANROB.COM/FORGEDINTHEFIRESPODCAST

FORGED IN THE FIRES PODCAST:

Powerful, impactful, inspiring and entertaining. Inspiring and entertaining. The Forged In The Fires podcast will tell stories from individuals to motivate and inspire you to find your truest potential. While also giving you catalysts to fire up your life. The catalyst behind the fires is your host, Fireman Rob.

Fireman Rob is a career firefighter, United States Air Force Veteran, worked search and recovery after 9/11 WTC attacks, Discovery Channel Reality Star, World Record Holder and most importantly father and husband. **Don't just listen to Forged In The Fires Podcast...Learn and Live the catalysts in your life.**

TYPE OF EPISODES:

Guest: Monthly Releases: 4 | Time: 20-40 minutes

Fireman Rob delivers compelling guest episodes, hosting extraordinary individuals who have thrived amidst adversity. The discussions delve into their personal experiences, revealing the mindset, resilience, and transformative strategies they employed. These illuminating narratives offer listeners a wealth of wisdom and practical advice to navigate their own life challenges. Get inspired, learn valuable lessons, and witness how adversity can forge the strongest spirits in these riveting episodes. It's more than just a conversation - it's an exploration of human strength and endurance in the face of life's fires.

Catalyst: Monthly Releases: 4 | Time: 20-40 minutes

Fireman Rob brings you concise yet powerful 'information episodes' centered on the Seven Catalysts he passionately discusses. Each episode is an inspiring capsule of wisdom, aiming to motivate listeners in their journey towards resilience and purposeful living. These short impactful moments deliver insightful discussions on overcoming adversity, embracing change, and persisting forward. It's your quick dose of inspiration to fuel your day and empower you to keep moving forward, one step at a time.

PODCAST STATISTICS:

- 200+ episodes over the last 4 years
- 70,000 downloads
- 560+ Followers
- 300 Audience per episode
- Found on top platforms:



AUDIENCE:

- **GENDER:** 85% is Men | 10% Women | 5% Not Specific
- **GEO:** 80% US | 5% Canada | 2% (each) Germany, UK, Taiwan, Israel
- **AGE:** 75% 18-22 | 5% 23-27 | 5% 28-34 | 10% 35-44
- **APP:** 34% Apple | 30% Web Browser | 14% Spotify | 7% iHeartRadio | 6% MixerBox | 4% Google | 3% Podbean

PODCAST ADVERTISING PACKAGES: ADS ARE 15 SEC TO 45 SEC PRERECORDED OR RECORDED BY FIREMAN ROB

IGNITION AD (3 ads per episode)

One ad at the **beginning** of episode

- \$2,000 / month for 4 Guest + 4 Catalyst
- \$1,000 / month for either 4 Guest **or** 4 Catalyst episodes

OVERHAUL AD (2 ads per episode)

One ad at the **end** of episode

- \$1,000 / month for 4 Guest + 4 Catalyst
- \$500 / month for either 4 Guest **or** 4 Catalyst episodes

CONNECT WITH FIREMAN ROB:

PODCAST: <https://spotifyanchor-web.app.link/e/k686QZoLmAb>

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