

Press Kit

## It's time to Change



Website: [annajelen.com](http://annajelen.com)

Podcast release schedule: **every Sunday**

Podcast downloads: **7500+ per month**

Listeners in: **35 countries**

Social media following: **25,000+**

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## About Anna

Anna Jelen, the host of this podcast, is known as The Time Expert. She is a keynote speaker and has travelled the world with her speech "Let's talk about time".

For 15 years, Anna has been holding lectures and workshops on the subject of time. She conveys her views with humour, knowledge and experience (including amusing self-experiments).

## About the show

This weekly podcast is all about change. Anna writes stories about everyday topics with a gentle, philosophical touch including personal development hints, reminding listeners to always use their time wisely.

Although many of her episodes focus on her vision on time, her stories are applicable to anyone willing to achieve a life worth living. Reminiscent of diary writing, the show knows how to pull in the listener, and shares personal stories that offer valuable insights. Next to giving ideas and advice, Anna manages to make concepts like productivity, creativity and personal growth accessible to those who need them the most.

## Contact Anna

Questions? Comments? Want to feature Anna in an upcoming interview or publication? That's great! E-mail us at [diana@anna-jelen.com](mailto:diana@anna-jelen.com)