



www.sherleysshow.com

Sherley Troutman

SPEAKER, PODCASTER, AND
STORYTELLER

MEDIA KIT

Hi. I'm Sherley!

SPEAKER, PODCASTER, AND STORYTELLER

Sherley Troutman is the host and executive producer of Sherley's Show, a podcast and content brand built around honest conversation — about love, healing, and what it really takes for women to come home to themselves. What began in 2020 as Femme Parler grew into the platform she leads today, rebranded as Sherley's Show in 2025.

Born in Haiti, Sherley creates from her own story and for women who share it. Alongside her husband Kalief — her partner of nearly thirty years — she opens up the kinds of real-life conversations most people only have behind closed doors, never as the expert with answers, always as a woman willing to tell the truth out loud.

Beyond the relationship work, Sherley helps women find their voice and build platforms of their own, guiding them to launch and grow podcasts that turn lived experience into something that lasts.



 **1,650**
@sherleysshow

 **2.1K**
monthly page views

 **6,557**
podcast downloads

 **105**
email subscribers



A S F E A T U R E D I N
Eucerin
InfluenceHer Collective
Always

SPEAKING TOPICS

- ✓ Loyalty and moral accountability in relationships
Rebuilding trust after betrayal
Communication when you speak different languages of love
Breaking generational cycles
Staying attracted — and connected — for the long haul
Coming home to yourself after heartbreak
- ✓ Finding your voice and the courage to use it
Turning lived experience into a platform
Launching and growing a podcast that lasts
Building an audience as a woman of color
Representation and visibility in podcasting
Turning a personal mission into momentum

Client Testimonials

“

"I want to thank you ladies for sharing your vulnerabilities, guidance and support knowing that I am not alone in my struggle. You have helped open my eyes to creating reasonable healthy barriers I knew I needed long ago but now have the strength to build and expect".

“

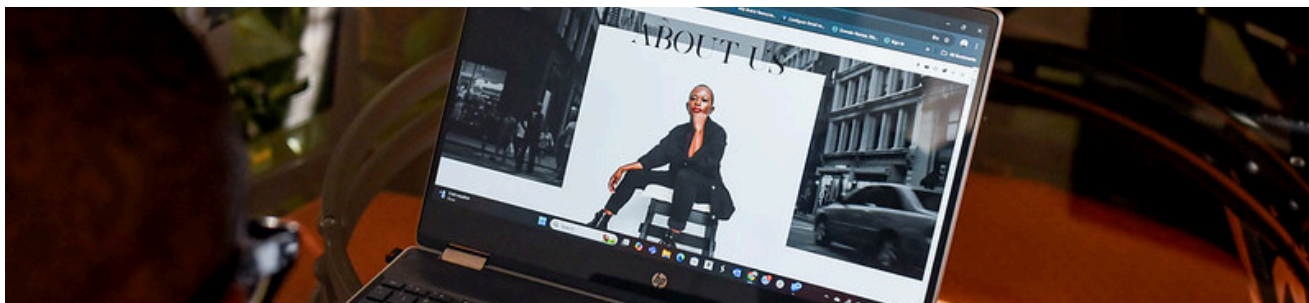
"This is a safe place to understand more about you, your relationship and your pathway in life. Sherley gets it! We aren't alone in this journey. Each guest meshes really well with the topic and the advice is unmatched. I feel like I'm listening to real life girlfriends who give me sound advice".

The Podcast

SHERLEY'S SHOW



Sherley's Show is a podcast about love, healing, and becoming yourself — told through three formats. In the Real Talk Series, Sherley and her husband Kalief talk love and partnership from both sides. In Conversations, she and co-host Kira move through infidelity, heartbreak, and healing. And in Interviews, she sits down with guests — experts and everyday people alike — who share real stories and wisdom. Honest conversation, drawn from lived experience, for women ready to be themselves, voice themselves, and love themselves.



MOST DOWNLOADED EPISODES

**Understanding Patterns of Infidelity
in Relationships**

**When Love Doesn't Share Your Last
Name**

Darlene Hawley: Knowing Your Worth

**Martha Mok: Vulnerability and
Success**

STATISTICS

6557

total podcast
downloads

131

monthly
downloads

2.2K

monthly visitors

4.9

podcast rating

MY AUDIENCE

90%

women

70%

25-31 yrs old

57%

USA

The Blog

SHERLEY'S SHOW

The Sherley's Show blog extends the conversation beyond the mic — a written home for the same honest talk on love, healing, relationships, and women's empowerment, all drawn from Sherley's lived experience. A growing library of long-form posts that keeps her audience engaged between episodes and draws new readers in through search and Pinterest. It's where listeners become readers, and readers become community.



STATISTICS

2.2k+

average monthly page views

693

unique monthly visitors

17% / 45%

organic search / direct visits

105

email list subscribers



MOST VIEWED BLOGS

Why Physical Attraction Alone Can't Sustain a Long-Term Relationship

Are You Stupid If You Stay After Your Partner Cheated

Deciding to Walk Away: Relationship Tips for Clarity



WHO I WORK WITH

Sherley's message resonates deeply with:

- Women's organizations and conferences
- Faith-based groups and ministries
- Business and entrepreneurship conferences
- Women's empowerment events and summits
- Podcasting and media conferences
- Retreats and leadership intensives
- Colleges and women's leadership programs
- Corporate women's initiatives and employee resource groups

WHAT YOU CAN EXPECT

Every woman who hears Sherley speak leaves with more than inspiration. She leaves with a framework, a next step, and the confidence to take it.

Sherley makes her free resources available to every audience she speaks to, including:

- Trauma to Profit Introductory Guide
- Podcast Launch Checklist
- Podcast Starter Guide
- Equipment Recommendation List

All free resources are available at no cost on the Sherley's Show website.



[Contact me](#)



GET IN TOUCH

Ready to bring transformation, truth, and confidence to your next event?

Complete the speaking request form and Sherley's team will follow up with availability and booking details

Sherley