Katie Dalebout Press Kit

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Biography & About

Katie Dalebout is a New York-based writer and podcaster. She is the founder of LET IT OUT, a space for Soft Stories, the stories that reveal our most vulnerable, tender selves.

These stories take form as essays in her monthly newsletter and as interviews in her weekly long-form interview podcast, which she began in 2013 and has nearly 300 intimate episodes with creative guests. She's known for her honest conversational style as well as her personal transparency when sharing her own story and approach to holistic wellness, mental health, and creativity.

Over the years she's captivated dedicated community of listeners and readers. Katie is also the author of the best selling book Let It Out: A Journey Through Journaling (Hay House, 2016).
Katie hosts the Let It Out podcast. Since 2013, she has conducted over 200 intimate interviews with creative people in myriad subjects. Katie's also the author of the Amazon best-selling book Let It Out: A Journey Through Journaling (Hay House, 2016) and sometimes she writes about her feelings elsewhere on the internet. Katie, her feelings, and all of her plants live together in Manhattan.

She's known for her honest conversational style when speaking with guests as well as her personal transparency when sharing her own story and approach to holistic wellness, spirituality, and creativity. Over the years she's captivated dedicated community of listeners and readers.

Purpose

The LET IT OUT platform promotes letting out whatever we're holding in to make space our true selves. Through our website, podcast, newsletter, book, and pod course we encourage feeling feelings fully as a way to become better at existing fully as ourselves.

Let It Out Author and Podcast Host Katie Dalebout invites diverse guests to, likewise, let it out on the weekly long form interview podcast she's hosted since 2013. Meandering conversations cover everything from creativity and career to relationships and self-care. Through these 200+ conversations, we've developed such a love for the podcast medium that we've even created Let [a podcast] Out: a launch pad to support future podcaster. Join us!

You can also join us for our live events, workshops and meetups [Let It Outings], and our monthly newsletter featuring personal essays, links from around the internet, and whatever else the team has been holding in and need to let out. Want to support Let It Out some other way? Consider sharing our work with a good friend, donating here, or blasting the podcast on your speakers.
Speaking Engagements

listed in chronological order

September 2019 - **Empowered Voices Wellness Podcasting Conference** Columbus, OH
May 2019 - **Emerge music festival**, host of LilSpace Lounge
April 2019 - LET IT OUT Live with Claire Fountain at The Assemblage NYC
April 2019 - LET IT OUT Live Podcast and Workshop with Abbi Miller at The Riveter Austin
January 2019 - LET IT OUT Live with Erin Claire on Human Design - The Assemblage NYC
January 2019 - The Good Fest NYC Pop Up "Sober Curious" - Blender Workspace
December 2018 - Remaking Your Resolutions Weekend Workshop at Kripalu
December 2018 - Journaling & Meditation at The Spring - NYC
November 2018 - Body Image and Creativity with CHAARG Columbus Ohio
October 2018 - Emcee at GOOD FEST Manifestation Pop-up with Good Fest-- NYC
September 2018 - Journaling 101 TV with BluPrint --Denver
August 2018 - Emcee at GOOD FEST Philly
July 2018 - Self-Care in Wellness with The Yard Williamsburg
July 2018 - Podcasting 101 -The Wing Dumbo
July 2018 - Full Moon Journaling Workshop with Mama Medicine, Splendid Spoon, We Work NYC
July 2018 - Expressive Writing Workshop at The Alchemist Kitchen NYC
June 2018 - Journaling for Self-Awareness and Creativity Workshop at Maha Rose Brooklyn
Mar 2018 - Spring Equinox Event with Splendid Spoon at The Assemblage NYC
Mar 2018 - Journaling & Manifestation Workshop with Almost 30 Podcast at Saje LA
Mar 2018 - Rewriting Yourself at Communion By Joy LA
Jan 2018 - Journaling to Manifest at CAP BEAUTY NYC
November 3, 2017 - How to Build a Habit of Self-Care at The Commons in Brooklyn
October 2017 - I Have a Mental Illness, and You Can, Too! at New Women's Space NYC
October 2017 - Let It Out: Journaling & Creative Writing Process at Soho House
June 2017 - Write Your Way To Your Dreams at Wanderlust Stratton
April 2017 - Spark Joy: Finding Happiness Through Creativity at GOOD FEST Philly

TV Appearances

- 2016- NBC WXYZ Detroit - Segment on Journaling
- 2016-Fox 2 Detroit - Segment on How to Make the Most of Your Writing
Let It Out with Katie Dalebout in the Media

- 2018-
- 2019 - “14 Instagram Influencers Share How They Found Themselves While Wandering” - Found Wanderer
- 2019 - 15 Self Help Podcasts -- Fairy God Boss
- 2019 - Interview with Katie Dalebout & Instagram Stories takeover The Void
- 2019 - Broadway World TV - NBCUniversal's Bluprint Debuts Writing Flagship Category And New DIY Content To Jump Start The New Year
- 2018 - The Art of Journaling for Clarity, Self Compassion and Confidence -- Jamie Mendell Blog
- 2018 - “Now’s the Time to ‘Let a Podcast Out’ According to Expert Podcaster Katie Dalebout -- Forbes
- 2018 - “25 Healthy Living Podcasts -- The Feedspot
- 2018 - “10 Best Health & Wellness Podcasts” -- The Memo
- 2018 - “The Podcast List” -- Thrill Yoga
- 2018 - “Wellness Pros Recommend Their Favorite Pods” -- Clean Plates
- 2017 - “10 Podcasts to Get Inspired on Your Commute” -- The Everygirl
- 2017 -- “5 Fem-Powered Podcasts You Should Be Listening To (…that AREN’T by NPR.)” -- W.A.N.T.
- 2017 - “31 Best Health Podcasts” -- Academy of Culinary Nutrition
- 2016 -- “10 Women-Hosted Podcasts You Should Be Listening to Right Now” -- Huffington Post
- 2016 -- “5 Body Positive Podcasts We Love” -- UC Davis
- 2016 -- “6 Beauty & Wellness Podcasts to Make Your Commute Less Painful” -- Byrdie
- 2016 -- “Top Health and Wellness Podcasts” -- Food Matters
- 2016 -- “8 Amazing Podcasts For Becoming Your Best Self” -- Life Goal Mag
- 2016 -- “7 Podcasts for Health & Wellness I’m Listening to Right Now” -- The Healthy Maven
- 2016 -- “7 Best Podcasts by Women for Women” -- Earn / Spend / Live
- 2016 -- “8 Amazing Podcasts for Becoming Your Better Self” -- Life Goals Mag
- 2015 -- “Must Listen Podcasts for Mind and Body Health” -- Mode
- 2015 -- “24 Podcasts that Will Improve Your Life” -- Health Crush
- 2015 -- “8 Mind-Body Podcasts We Love” -- Chalkboard
- 2015 -- “11 Wellness Podcasts You Don’t Want to Miss” -- One Life
- 2015 --”4 Health Podcasts You Should Be Listening To” -- Healthy Helper

2015 -- “Best Wellness Podcasts for Cultivating Bliss” - moss

2015 -- “Woman who battled a severe addiction to 'healthy' eating details how she overcame the life-threatening disorder - but admits she sometimes misses her stick-thin frame

2015--The Hidden Eating Disorder Side Effect That's Both Extremely Dangerous and Far Too Common

2014 -- “5 Podcasts to Rock Your Commute” -- Jaybird

Katie Dalebout on other Podcasts

July 2019 - Get a Helmet Podcast
July 2019 - Getting Down Podcast
June 2019 - Energy Matters Podcast
March 2019 - The Love You Give Podcast
March 2019 - Medium Well Podcast
Feb 2019 - The Bitter and Sweet Podcast
Jan 2019 - Expanded Podcast
Jan 2019 - This Is The Platform Podcast
Dec 2018 - Your Own Magic Podcast
Nov 2018 - Lavendaire Podcast
2018 - Spirit Girls Podcast
2018 -- Woke and Wired with Ksenia
2018 -- Brand Yourself with Blair Badenhop
2018 -- On Purpose with Alex Beadon
2018 -- The Platform

ARTICLES BY KATIE

listed in chronological order

The Fullest, “Showing Up For Therapy” July 2019
https://thefullest.com/2019/07/06/katie-dalebouts-pivot-showing-up-for-therapy/
The Fullest, “Is Self Care Draining Your Bank Account?” June 2019

The Fullest, “It’s Your Birthday...Now What?” April 2019

https://thefullest.com/2019/03/05/the-girl-who-cried-sorry/

The Native Influence, “A Day In My Life”, February 2019
https://thenativeinfluence.com/contributor/katiedalebout/view/

The Fullest, “14 Things I Learned In My Twenties”, February 2019
https://thefullest.com/2019/02/06/14-things-i-learned-in-my-20s/

Soul and Spirit Magazine (print), The Magical Power of Writing it all Down”, October 2018

The Fullest (print), “How Conversation became my meditation:” September 2018

Splendid Spoon, “Your Work Day Self-Care 101”, February 2018

The Fullest, “Are You Giving to Get?”, January 2018
https://thefullest.com/2018/01/23/are-you-giving-to-get/

https://spoonful.splendidspoon.com/a-quick-start-guide-to-journaling-468e57c75c6d

Mind Body Green, “8 Ways To Eat Like You Love Yourself”, May 2016
Mind Body Green, “11 Things You've Got To Try Before Summer Ends”, May 2014

Mind Body Green, “Get The Life You Want With A Monthly Manifesto (It's Never Too Late!)”, April 2014

Mind Body Green, “10 Lessons From 10 Wellness Rockstars”, February 2014