

LESS SURFACE LEVEL

YOUR QUEER WOMEN'S PODCAST



MEDIA KIT

DEAR GUEST,

IF YOU'RE READING THIS, IT'S BECAUSE I'D
LOVE TO SHARE YOUR STORY.

THIS PODCAST EXISTS AS A SPACE TO
EXPLORE IDENTITY, QUEERNESS, LOVE,
GRIEF, MENTAL HEALTH, GROWTH, AND
EVERYTHING IN BETWEEN. IT WAS BORN
FROM A DEEP DESIRE FOR
CONVERSATIONS THAT GO BEYOND THE
SURFACE, THE KIND THAT FEEL LIKE
SITTING WITH A CLOSE FRIEND, SHARING
SOMETHING REAL. EACH EPISODE IS AN
OFFERING OF CONNECTION: HONEST,
EMOTIONALLY INTELLIGENT, AND
GROUNDED IN CARE.

OUR GUESTS SHAPE THE HEART OF THIS
SHOW. YOU BRING YOUR STORIES, YOUR
NUANCE, AND YOUR PERSPECTIVE. WE
BRING WARMTH, STRUCTURE, AND DEEP
LISTENING. TOGETHER, WE MAKE
SOMETHING THAT REACHES PEOPLE;
OFTEN AT MOMENTS WHEN THEY MOST
NEED TO FEEL LESS ALONE.

THERE'S NO EXPECTATION TO HAVE IT ALL
FIGURED OUT. JUST TO SHOW UP AS YOU
ARE. YOU'LL BE GUIDED THROUGHOUT THE
PROCESS, FROM PLANNING TO
RECORDING, TO SHARING YOUR EPISODE
WITH THE WORLD.

THANK YOU FOR CONSIDERING BEING
PART OF THIS. YOUR VOICE MATTERS
DEEPLY. WE CAN'T WAIT TO HEAR IT.

TESSA LLOYD
CREATOR + HOST OF LESS SURFACE LEVEL

THE DETAILS

- **Title:** Less Surface Level
- **Host:** Tessa Lloyd (she/her)
- **Location:** Naarm/Melbourne, Australia
- **Format:** Weekly episodes via Spotify Vodcasts
- **Themes:** Queer identity, relationships, mental health, love, emotional resilience, personal growth

ABOUT THE PODCAST

Less Surface Level is a female-led, queer podcast that explores the inner worlds of LGBTQIA+ individuals, through honest, vulnerable, and moving conversations. Each episode is grounded in deep listening and emotional inquiry, offering insight into how queer people love, hurt, heal, and grow.

Past guests have included creatives, changemakers, ex-athletes, queer couples in business, and close friends of the host. Whether unpacking early imprints of love, the quiet rebellions of youth, or the nuances of identity, every episode is an invitation into the spaces beneath what we show the world.

As a queer woman and therapist, Tessa saw a need for a space where real, honest dialogue could happen around the things that truly impact us: identity, relationships, self-worth, emotional patterns, and healing. The podcast was born out of a desire to go deeper; to explore the messy, beautiful complexities of being human, especially through a queer lens.

ABOUT THE HOST

 @tessajlloyd



Tessa Lloyd is a queer Mental Health Occupational Therapist and podcast host, based in Victoria, Australia. She is the founder of Our Mindful Youth, a therapy practice supporting young people through creative and trauma-informed approaches. Tessa supports neurodivergent and LGBTQIA+ individuals in living with greater authenticity and ease.

Tessa's advocacy focuses on creating community spaces that are inclusive, vulnerable, and emotionally honest. Her work extends beyond the therapy room into mentorship, workshops, and group circles designed to support self-worth, nervous system regulation, and self-expression.

Tessa brings both lived experience and professional insight to every episode, creating a space that's honest, reflective, and emotionally grounded.

TESTIMONIALS

the poddy with holly is AMAZING

genuinely the best one yet

so good

I'm sitting down with a wine to watch
ep one this w/e can't wait 🙌🙌🙌🙌

I've just listened to your first
podcast episode. What a bloody
gem you are. I'm so glad you
came across my orbit. And I'm
excited to see what else you have
to share with us.



Tessa! Just wanted to reach out
and let you know that I listened
to your first podcast episode this
arvo and loved it. You're such a
beautiful communicator and a lot
of what you said really resonated
with me. Keep doing good things,
you're killing it! 💕🙌

I'm loving the podcasts so much
sweetheart. I'm stuck in bed
recovering from a bad stomach
infection so having your voice to
listen to has felt like I'm not alone



I'm listening to your first podcast
and it is really speaking so clearly
to me about allowing yourself to
actually acknowledge that you
have been hurt and working
through that pain. I feel like that's
so big in my life I have
experienced so much trauma and
never unpacked any of it. Or even
allowed myself to see what
happened to me for what it really
is because it's too dark. Great
podcast xx

PAST GUESTS



Sophie Cachia
CACHIA, Shaw
Media, BODA



Kat John
Life Coach, Author,
Speaker



Natasha Fabrizi,
MAFS participant,
identity coach



India and Kristina
Krithararis, "Scizza"



Julie McKenzie
Sundaylicious owner



Erica Perry
Queer Writer



Kirby Bentley
Survivor, AFLW,
Djookian Founder



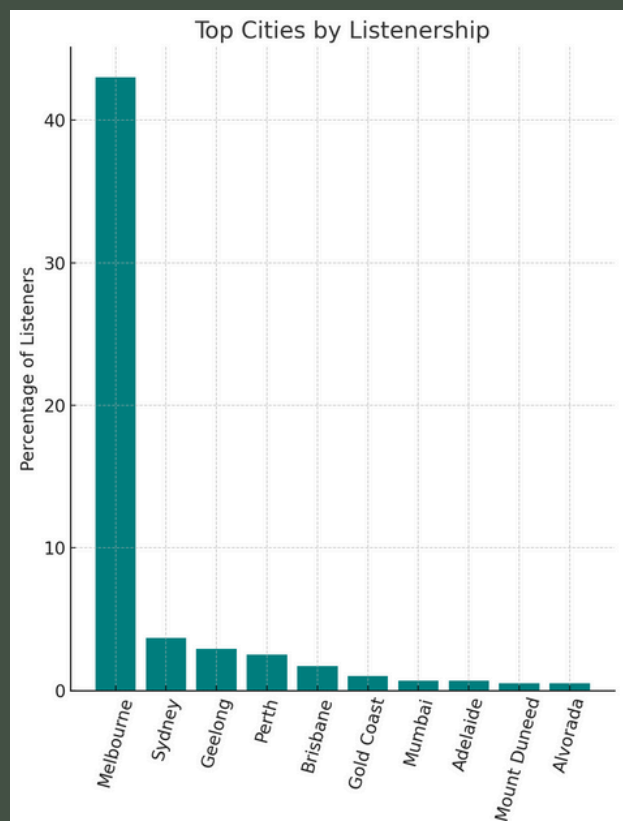
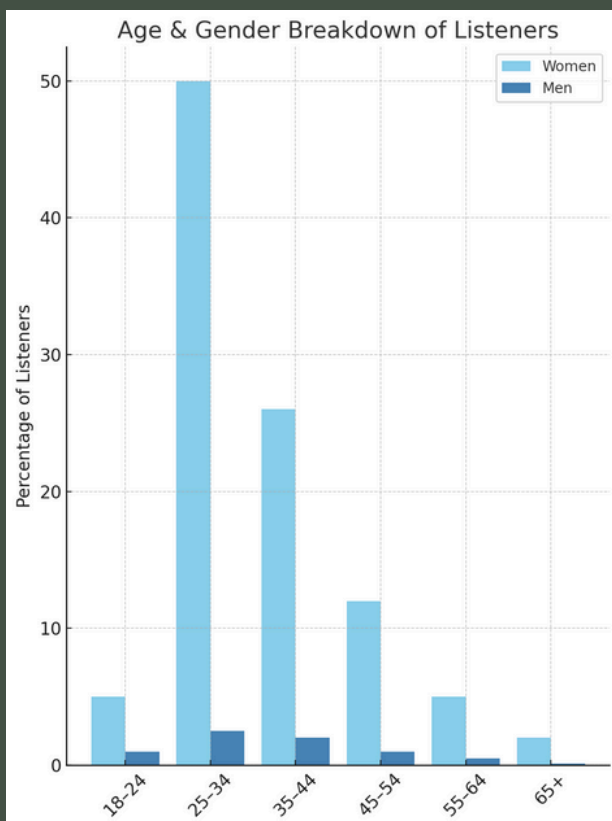
Beca Pressing
Bachelorette,
Beans Bar



Charlotte Fresh
Wife and lesbian
IVF Mum

AUDIENCE SNAPSHOT

- Primarily queer-identifying listeners (WLW, trans, and non-binary inclusive)
- Predominantly women and gender-diverse people aged 18-40
- Based in Australia (73.6%) and America (16%)
- Passionate about queer community, emotional wellbeing, and authentic storytelling
- Loyal, reflective, and socially conscious audience



BEHIND THE SCENES



@kirbybentley



@indiaking_
@kristinzkrithararis

@sundayliciousau



@becapressing

THE GUEST EXPERIENCE

Being a guest on Less Surface Level is a relaxed and supportive experience. Conversations are recorded either remotely or in-studio and usually run for around 45–60 minutes. The format is guided but unscripted, allowing space for natural dialogue and genuine connection. You'll receive prep questions ahead of time, and the entire process is held with care; through a trauma-informed, emotionally aware lens. After recording, we'll keep you updated on the release schedule and share promo content, tagging you across our platforms to help amplify your voice and message. Many guests have shared that the experience feels like a heartfelt, affirming chat, one where they felt truly seen.

CONTACT + NEXT STEPS

CLICK TO SCHEDULE A CALL



Email: hello@lesssurfacelevel.com.au

Website: www.lesssurfacelevel.com.au

Instagram: [@tessajlloyd](https://www.instagram.com/tessajlloyd) / [@less.surface.level](https://www.instagram.com/less.surface.level)

Tessa. X