



TENDHER
Wild

THE COMMUNITY

The Tend Her Community came together long before the first podcast episode! Tend Her started as a 5-week online journey for more self compassion led by Betsy. Little did she know just how hungry women were for the connection, wisdom, and tools shared.

To her amazement, over 1,000 women signed up. You could say a small movement was started because even after the program ended, the energy the connections made kept growing. On the Facebook page, women continue to post inspirational quotes and build each other up. A book club got started. Women's circles have sprung up.

Our Community is filled with compassionate and strong women who know we can accomplish more when we lift others up. We do the work to heal, to better serve ourselves, to reconnect with who we are. We are authentic, diverse, and we are proud wild women.



Betsy & Kate host Tend Her Wild Live | November 2023

THE HOSTS



KATE MORELAND

Kate is an experienced leader, coach and CEO who understands the struggles of career decisions, leadership challenges and the power of authenticity. After a decade of practicing law, Kate recognized she needed to make a change. For the past 12 years she has been teaching and coaching others as they explore interests, uncover strengths, and consider career and life changes. She is a Lumia Coach who earned a certificate in the Science of Wellbeing from Yale, and is certified in the mind-body connection. Find her at <https://www.katemorelandcoaching.com>

EPISODE 1: MEET KATE



Betsy is a licensed psychologist and certified yoga and meditation teacher who uniquely blends science, psychology, mysticism and spirituality into her work. She is especially adept at translating complex concepts into practical tools that can efficiently shift people. She owns Heartland Yoga (www.heartlandyoga.com), maintains a psychology practice that integrates yoga into treatment, is the author of numerous academic papers and The Complete Idiot's Guide to the Chakras with her second book due out next year. Find more information about her offerings at <http://www.dryogamomma.com>.



BETSY RIPPENTROP

EPISODE 2: MEET BETSY



THE PODCAST

Dr. Betsy Rippentrop, a psychologist, and Kate Moreland, a lawyer and CEO, know that women need each other, now more than ever. In their weekly podcast, they have deep conversations about reconnecting with ourselves and others.

Women have been conditioned to lose connection to their inner voice and natural instincts; the time has come to re-wild.

After feeling a loss of their authenticity and disconnected to their own wild essence, Kate and Betsy discuss personal stories and explore ways we can listen to our inner voice, re-wild ourselves, and live the most authentic life, where we thrive instead of just survive.

[TENDERWILD.COM](https://tenderwild.com)



FEB 2022

launch date



57K

podcast downloads



1.5K

facebook group
members

PARTNER WITH US

Is your organization passionate about helping women reach their full potential? By partnering with TendHer Wild you can turn that passion into action and make a true impact.

We have several opportunities to support our work and are always open to new ideas. Does one of these sound fitting to you?

- Sponsor the podcast, a course, or live event
- Invite Kate & Betsy to speak at a live event
- Sponsor a re-wilding workshop
- Donate gift bag items to one of our live events
- Offer discount codes or free trials



TOP EPISODES

- [Author Marianne Williamson](#)
- [Singer/Songwriter Lissie Maurus](#)
- [Olympian Andrea Wieland](#)
- Dr. Arielle Schwartz
- Author & Netflix star Michaela Boehm “Sex, Love & Goop”
- Author Faith Hunter
- [Author Tracee Stanley](#)






The Tend Her Wild community is always growing and trying new things together. Be sure to follow along with our adventures!

CONTACT & CONNECT

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 [Tend Her Wild on Apple Podcasts](#)

 [Tend Her Wild on Spotify](#)



We would love to partner with you.
Feel free to reach out!

Kate & Betsy