



Val "The Voice" JOHNSON



PODCASTER | SPEAKER | AUTHOR | VIRTUAL DJ

Val "The Voice" Johnson is a seasoned voice-over artist and filmmaker with over 30 years of experience in production, editing, and directing. In 2012, she founded Pure Lighthouse Media, originally based in Brooklyn, New York, and now operating in her hometown of Chicago, Illinois. Val currently leads as the host and producer of "The Interludes Podcast," and directs the interactive live weekly entertainment show "Interludes Extra: Talk on Tuesdays." This show provides an engaging complement to the weekly podcast, focusing on diverse topics to enrich its audience.

Additionally, Val is the executive producer of the sports show, "The Pull Up Podcast Show" with Coach Tony Thompson, showcasing her versatility and commitment to delivering content that is aspirational, inspirational, and motivational across various platforms.

Her recent book, "A DJ Saved My Life," is a poignant memoir that intertwines her personal journey through grief with her professional expertise in podcasting. The book serves as both a heartfelt narrative and a practical guide, offering the "ABC's of Podcasting" to help others use this medium for healing and personal growth. Through her work, Val "The Voice" Johnson continues to inspire and impact her listeners, leveraging her vast experience to create powerful, transformative media.

The Interludes Podcast with Val "The Voice" Johnson



Interludes Extra TALK ON TUESDAYS



THE PULL UP PODCAST SHOW

with
Coach Tony Thompson



A Pure Lighthouse Production

2K

LINKEDIN

1K

INSTAGRAM

9.1%

ENGAGEMENT RATE

2K

FACEBOOK

STATISTICS AND DEMOGRAPHICS

The Interludes Podcast is a global platform that reaches more than 20 countries each week. Interludes recently reached the milestone of producing over 250 episodes of breezy, yet in-depth original content for small business entrepreneurs and previously untapped demographic groups.



73%

27%

Take a Break for Inspiration & Motivation



Coach Tony THOMPSON

SPORTS AGENT | PODCASTER | DJ

Coach Tony Thompson, an accomplished basketball coach and sports professional, has spent the past decade shaping the women's basketball program at Volunteer State Community College in Nashville, Tennessee, where he serves as Associate Head Coach. Under his guidance, the team has thrived in the NJCAA (National Junior College Athletic Association) conference. Before his time at Volunteer State, Tony made significant contributions at Fisk University, an HBCU, where he held coaching roles for both the men's and women's basketball teams. As the Associate Head Coach, Tony helped lead the women's team to their second-highest winning season in 25 years and mentored Nacori Foreman, who set records with 1000 rebounds, 500 points, and 100 blocks in a single season.

In late 2022, Tony launched "RIZE NIL" Sports Marketing Agency, representing Division 1 athletes and national brands, connecting them to maximize brand visibility through the NCAA's name, image, and likeness rules.

Tony Thompson is a dedicated and dynamic sports professional with a passion for both coaching and podcasting. As the co-host of Interludes Extra Talk On Tuesdays, Tony provides insightful commentary on the latest in sports and entertainment alongside Val "The Voice" Johnson, engaging audiences with his deep knowledge of sports trends and analysis. His expertise adds tremendous value to the show, making it a must-watch for sports fans.

Tony is also the producer and host of The Pull Up Podcast Show, now in its second season, where he interviews influential coaches and leaders from the world of sports. Each episode provides listeners with behind-the-scenes insights and expert perspectives on athletic leadership and strategy. Tony's hands-on approach in writing and producing the podcast has helped it grow into a valuable platform for sports discussions, connecting talented voices from across the industry.

With over a decade of coaching experience and a growing media presence, Tony Thompson is making his mark in both sports and entertainment.



THE PULL UP PODCAST SHOW

with
Coach Tony Thompson



Interludes Extra TALK ON TUESDAYS



Take a Break for Inspiration & Motivation





Val "The Voice" Johnson

PODCASTER | SPEAKER | AUTHOR | VIRTUAL DJ

2K

Facebook Followers

@INTERLUDES_PODCAST



From US



Reach



Women



Engagement

OUR MISSION

At Pure Lighthouse Media, led by Val 'The Voice' Johnson, our mission is to empower, enlighten, and entertain our audience through diverse and dynamic media content. Drawing on over three decades of experience in production, voice-over artistry, and filmmaking, we strive to produce podcasts, shows, and films that are not only aspirational and inspirational but also deeply motivational. By merging personal storytelling with professional expertise, we aim to create content that resonates deeply, fosters healing, and encourages personal growth. Our goal is to be a beacon of hope and innovation, inspiring our listeners and viewers to find their voice and pursue their passions with conviction.



WHAT CAN PURE LIGHTHOUSE DO FOR YOU?



SERVICES & RATES

PODCAST TRAINING \$350

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PICTURE POST \$350

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SPONSORED VIDEO \$550

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SPONSORED VIDEO \$550

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CONTENT CREATION fr. \$250

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