

Real Women's *Podcast* Stories with Lisa Quait

How to listen on iPhone with Apple Podcasts



Tap here to go straight to
show on your iPhone

The App

The Apple Podcasts app is pre-installed on every iPhone, so you can start listening to podcasts right away - no download needed.

It's a great tool for discovering and following your favorite shows!



To add the App to your Home Screen search for Podcasts in your App Library. Best of all, it's free to use.

The App Library & App Store

To open the App Library swipe left on your Home Screen. If you have multiple Home Screens swipe left until you see the App Library screen:



Type “Podcasts” into the search bar to locate the App.



Press and hold on the App to add to your Home Screen.

If the App is not in the Library

If the App was deleted at any point since the iPhone was new, you will need to Download the App from the App Store.



You can find the App Store in the App Library in the same way as above. Type “App Store” to locate it. Open it, search for Apple Podcasts and download for free.

How to listen

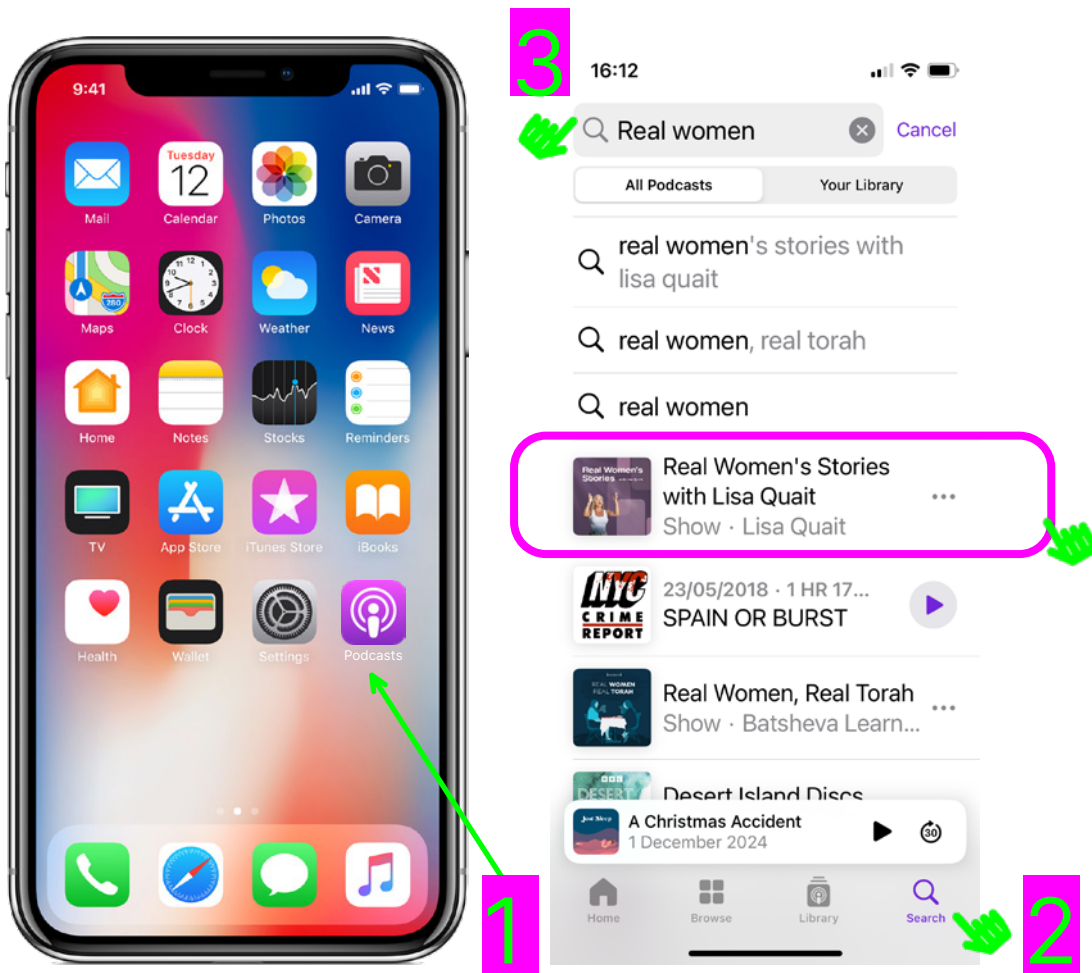
Once you open the App on your iPhone follow 3 simple steps to open our Podcast:

Step 1: Open the Apple Podcasts App

Step 2: Tap the Search icon at the bottom of the screen.

Step 3: Start typing in "Real women's stories" you will see our Podcast in search results below.

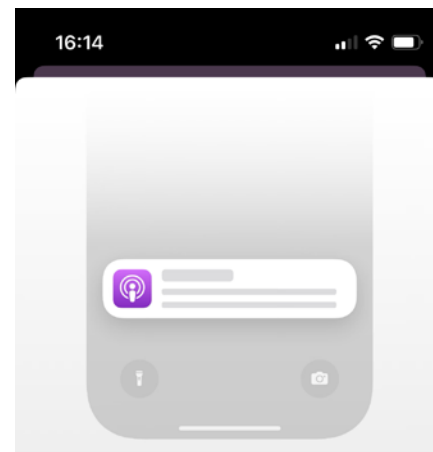
You are ready to start listening!



How to follow

Stay updated by following our podcast and enabling notifications:

1. Tap the “+” or “Follow” button on our podcast page to save it in your library.
2. Enable notifications to get alerts when new episodes are added.



Get Notified About New Episodes

Allow notifications from the shows you follow. Adjust at any time in Settings.

Enable Notifications

Not Now

Following helps us understand your interests and plan future episodes. We really appreciate your support. Thank you! ❤️

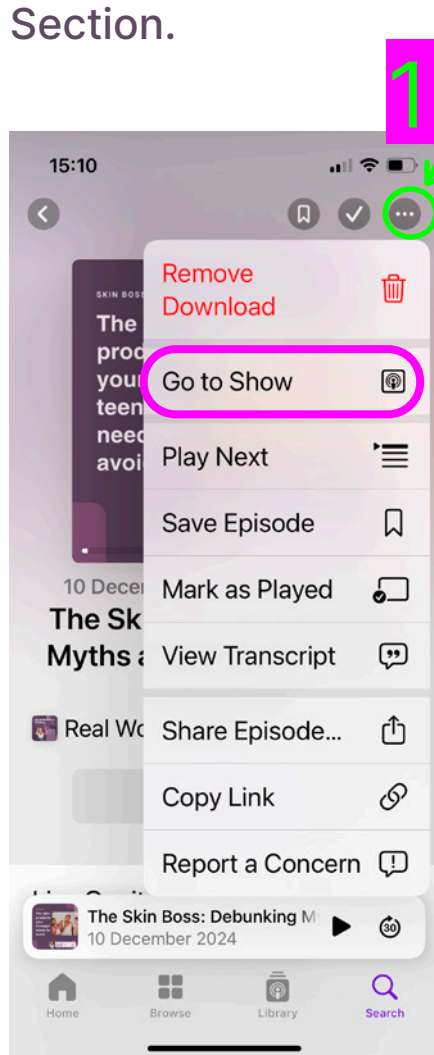
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Enjoy our episodes?

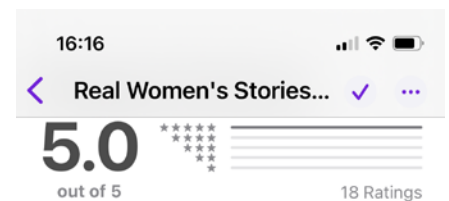
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Here's how you can show your support:

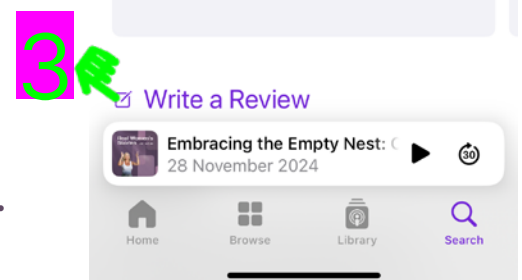
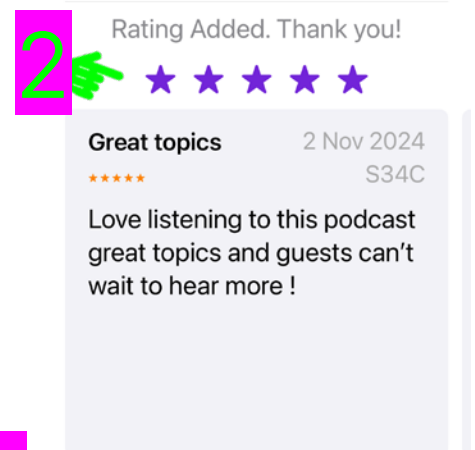
1. Click on 3 dots drop down menu & select "Go to show" to locate out main Podcast page with all the Episodes. Scroll to the very bottom of the page to see the Rating & Review Section.



2. Rate the Podcast: Select your star rating.



3. Leave a Review: Write a quick review to share your thoughts and help us improve.



Your ratings and reviews make our podcast more visible, attract amazing guests, and inspire more women like you. Thank you for helping us grow - we're so grateful! ❤️