



*Joan Nwosu*

THE NEW LOVE LANGUAGES™  
& LOVE BY DESIGN

MEDIA KIT

# Hi, I'm Joan!

**AUTHOR, HUMAN DESIGN LOVE GATES EXPERT, SPEAKER, COACH**

I'm Joan Nwosu - author of *The New Love Languages: Unlock Lasting Love through 10 Human Design Love Gates*, Human Design Love Gates expert, speaker, and host of the *Love by Design™* Podcast.

After navigating marriage, heartbreak, divorce, and more fresh starts than I can count, I learned what no dating app or communication script ever teaches: real love isn't found — it's attracted by design.

For years, I've helped high-achieving, emotionally intelligent women (and the partners who love them) break free from toxic cycles, stop overgiving for crumbs, and attract aligned, conscious love without performing, shrinking, or abandoning themselves.

I'm the creator of *The New Love Languages™* and *Love by Design™* frameworks — powerful, practical systems that blend Human Design, Love Gates, mindset, and spiritual alignment to decode how you're actually wired to love and be loved.

Here's the paradigm shift: Each of the 10 Love Gates can express in shadow (driven by fear and conditioning) or in gift (rooted in authentic alignment). When you shift from shadow to gift, you stop attracting patterns and start magnetizing partnership. You become the place love lands.

Today, I speak, write, and teach from lived experience and deep research, showing people how to stop performing for love and start embodying their frequency—so the right love finds them.

If your audience is ready to move beyond surface dating tips and discover their true love language at the energetic level, I'd love to collaborate.

*xo, Joan*



# LOVE BY DESIGN

Helping high-achieving women shift from doing to receiving in love and life



## THE MOVEMENT



WITH JOAN NWOSU

**The New Love Languages™** and **Love by Design™** are more than frameworks. They're a paradigm shift in how we understand love, compatibility, and commitment.

For decades, we've tried to fix our love lives with communication tips, attachment styles, and the 5 Love Languages. Helpful, but incomplete. They treat the symptoms, not the source.

My work goes deeper, mapping **10 Human Design Love Gates** – your **energetic love codes** that reveal how you naturally give, receive, and experience love. These aren't surface behaviors. They're your soul's frequency.

I help high-achieving women and couples stop dating by default – swiping, hoping, and trying to “perform” love and start loving by design:

- with **clarity** about their energetic wiring
- with **standards** that match their self-worth
- with **frequency** that attracts devotion, not distraction

Through my book, podcast, personalized Love Gates reports, and upcoming workbooks for singles and couples, I'm rewriting the script on love in this new era—proving that when you get YOU right, the right person is magnetized toward you.

You don't have to chase love.

**You become the place love lands.**

# Hey, I'm Joan!



For 25 years, I was the woman who looked like she had it all together —  
Director at Sun Life, thriving IT consultant for Canada's top banks,  
ambitious and unstoppable.

Except in love.

Behind the titles and promotions, I was living a pattern so many high-achieving women know too well: successful at work, but exhausted and unfulfilled in relationships. Same types, same heartbreaks, same stories on repeat.

Determined to break the cycle, I dove into personal development, became a certified Life & Relationship Coach, and tried all the mainstream dating “rules.” It worked on the surface, but something was missing.

Then I discovered Human Design — and everything clicked. I finally saw why my patterns kept repeating and how my conditioning and “good girl” programming were shaping who I attracted and how I showed up. That insight became Love By Design™, my framework for moving beyond chemistry into true conscious alignment.

As I worked with women around the world, I realized we didn't just need better strategies — we needed a new language for love. That's how The New Love Languages™ and the Human Design Love Gates were born: 10 energetic expressions that reveal how you're designed to love and be loved. They now anchor my book, reports, and work with singles and couples who are ready to “pop the hood” on their relationship patterns.

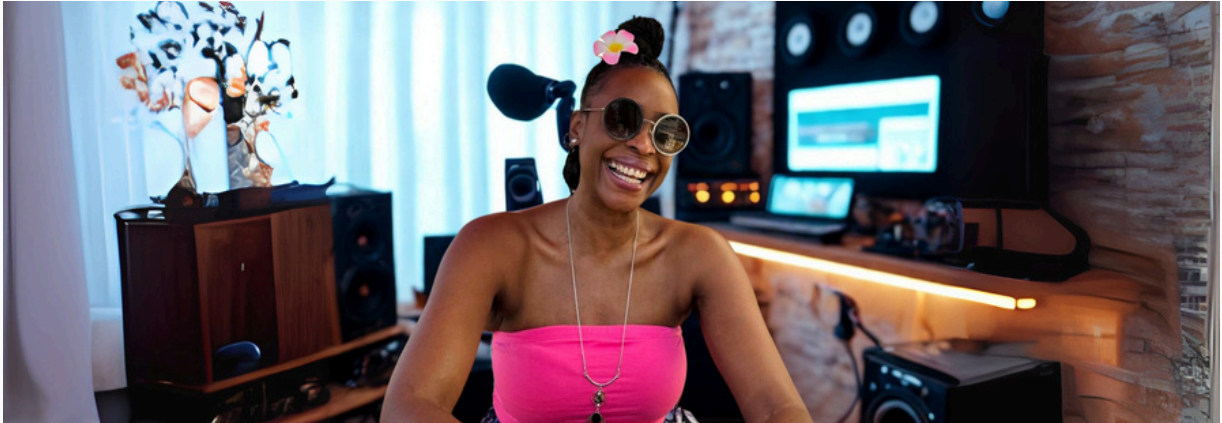
Today, I teach powerful women to stop performing for love and start attracting aligned partnership — by design, not by default. My mission is simple:

Break the pattern, not your heart.

Help people understand their true love language at the energetic level — and change how humanity does love, one chart at a time.

# The Podcast

## LOVE BY DESIGN



## About the LOVE BY DESIGN Show

Love By Design™ is the go-to podcast for high-achieving, self-aware women (and the partners who love them) ready to pop the hood on their love life and attract relationships that match their frequency.

Each episode blends real stories, Human Design & Love Gates wisdom, and practical guidance on topics like:

- ✓ Breaking recurring relationship patterns
- ✓ Human Design, Gene Keys & Love Gates in dating and partnership
- ✓ The truth about chemistry, compatibility & energetic alignment
- ✓ Conscious dating, love after divorce, and love after 40
- ✓ How to shift your frequency so you attract devotion, not distraction

**100+**

episodes

**500+**

downloads

**1.5k+**

unique monthly  
visitors

**4.8**

podcast rating

*\*Stats are across all of Joan's podcasts*

# Featured Podcast

## LOVE BY DESIGN



In this episode, we explore what actually supports lasting alignment and what quietly keeps us repeating unhealthy patterns.



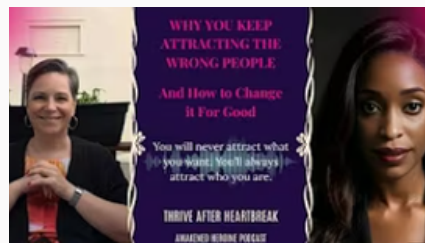
Conversation on Dream Big with Amy, breaks down what Human Design really is and why it's becoming one of the most transformative tools for high-achieving women navigating modern relationships.



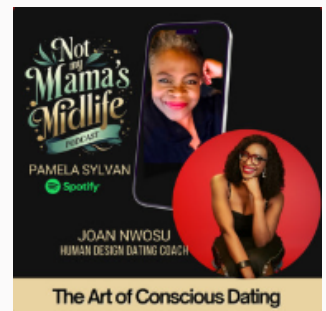
This conversation with Dr. Lee Baucom goes beyond surface-level advice and dives into the real patterns behind relationship success and failure.



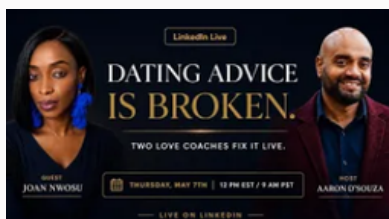
In this powerful episode with Donna Savage for an unfiltered conversation on trauma, love, nervous system regulation, and what it truly means to reclaim yourself.



This conversation with Alexandra Neil explores how your energetic blueprint affects the way you love, relate, and date post-divorce.



In this conversation, Joan and Pamela dive deep into why so many successful women struggle with dating, and how to shift from dating by default to dating by design with clarity.



Join Joan Nwosu and Aaron D'Souza LIVE as they unpack modern dating, relationship dynamics, emotional connection, long-term romance, and the frameworks they use to help people navigate love with clarity and maturity.



In this powerful conversation on The Answer Podcast, Joan Nwosu joins Jeannette to explore the ideas behind Joan's groundbreaking book, The New Love Languages.

## JOAN AS A GUEST ON YOUR PODCAST

### *Interview Topics*

Here are some of the great topics  
your listeners may love to learn  
more about!



Beyond the 5 Love Languages:  
The 10 Love Gates and Your True Love  
Language

Break the Pattern, Not Your Heart:  
How to Stop Reliving the Same  
Relationship with a Different Face

The Paradigm Shift:  
Why "Getting Yourself Right" Is the  
Real Work of Finding Love

Love After Divorce & Love After 40:  
Turning Heartbreak into a Higher-  
Value Blueprint

The REAL Attraction Pyramid™:  
Chemistry, Compatibility, Alignment —  
and Why Most Women Get Stuck at the  
First Two Layers

Human Design & Relationships: How  
Your Love Gates Reveal Your Attachment  
Patterns, Triggers, and Ideal Partnershi

# Podcast Reviews



Joan, what a great show, congrats! 🙌🙌  
I absolutely loved it, the conversation, the music the vibes, the whole package , it was perfect to unwind this evening listening to you both 🥰👉🍷

**ANIA**

I loved the clarity and confidence with which Kalanne spoke and it was clear that people listening if they didn't know her, would want to find out more about her. She spoke in a very strong manner drawing references from her Life which was great. Very interesting interview.

👍 @royalemerald

Great show!! You are the perfect guest, open, honest, and very insightful. Joan as always you were engaging and led the conversation effortlessly.

**JACQUI DI CRISCI**

It's such a pleasure to hear from you. I really enjoyed our conversation and you are such a shining light.

**STACIE WALKER**

I really like this podcast, because it's a good way to listen to and also not boring that blables, the most recommended podcast anyway

**Warren Coughlin**

Joan, I didn't get a chance to compliment you on how brilliant you are at synthesizing my points after every answer. I've worked with a lot of talent over the years and you are a rockstar. No joke. This is your path. I really look forward to meeting you.

**Jeannie Edmunds**

I recently met Joan who I found to be by far, the best interviewer I've ever had. She was very involved in the process, had done her homework, was engaging, asking questions she knows her audience would love to know, and went deeper than most interviewers ever have and I fell in love with her. Such a great conversation! You're a fantastic host.

**TAMMY DE MIRZA**

Amazing!!! THANK YOU Joan, for inviting me to be on your incredible show!! And for the beautiful light, knowledge, and deep wisdom you are sharing with the world. It was a true honour and I feel so grateful for the opportunity to share.

**- Jennifer Jayde**

Thank you very much for the opportunity to be a guest on your show. I enjoyed having a wonderful discussion with you and breaking down the things that I am passionate about.

**David Hernandez**



GET IN TOUCH

## *How to Reach Joan*

To connect with Joan about a speaking or media opportunity, please reach out to her team at [joan@joannwosu.com](mailto:joan@joannwosu.com)

Photos of Joan are available for download, [here](#).

[www.joannwosu.com](http://www.joannwosu.com)



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