

SERVICES MENU

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Co	pyv	vrit	Ing

• 1 Page Blog	(\$200)
• 2 Page Blog	(\$300)
Social Media Post	(\$30)
Press Release	(\$600)
Pitch Note	(\$100)
Thought Leadership Essay	(\$800)
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Public Relations

- PR Strategy Development.....(\$2,500)
 - Discovery call + a fully developed deck ready to be executed.
- Media Training.....(\$750)
 - Training call going over best practices & tactics + Mock interviews
- Key Messaging Development.....(\$1,500)
- Media Relations Retainers
 - Incl. ongoing development of story angles, media list updates, and pitching media. Please note the minimum retainer commitment is 3 months.
 - 10 hrs/month.....(\$850)
 - 20 hrs/month.....(\$1,700)
 - 30 hrs/month.....(\$2,550)

Website

<u>Book a call</u>

All prices in CAD. Standard hourly rate is \$85 + tax Personalized services are available upon request.