



THE BOWL OF LEMONS

VIRTUAL ASSISTANT PORTFOLIO



HI I'M NAOMI

A Naturopath, Nutritionist and Virtual Assistant!

I help free health practitioners from the time-consuming burden of social media and business admin, allowing them to focus on what they love most, helping their clients and growing their business.

[Enquire Here](#)





HOW I CAN SUPPORT YOU:

Social Media & Content Management

- Strategy and content planning tailored to your brand
- Content creation, including graphics, captions, and carousels
- Scheduling and engagement to build a thriving community
- Repurposing content across multiple platforms

Email Marketing & Lead Generation

- Email newsletter setup and automation
- Lead magnet creation and integration
- Nurture sequences to convert subscribers into clients

Website & Tech Support

- Website updates and landing page creation
- Setting up and managing online courses or memberships

Webinars, Events & Program Support

- Webinar tech setup, promotion, and follow-ups
- Membership, courses or program creation and management

Business Strategy & Admin Support

- Monthly strategy calls to map out content and business goals
- Process streamlining to improve efficiency

Ebook Creation & Formatting

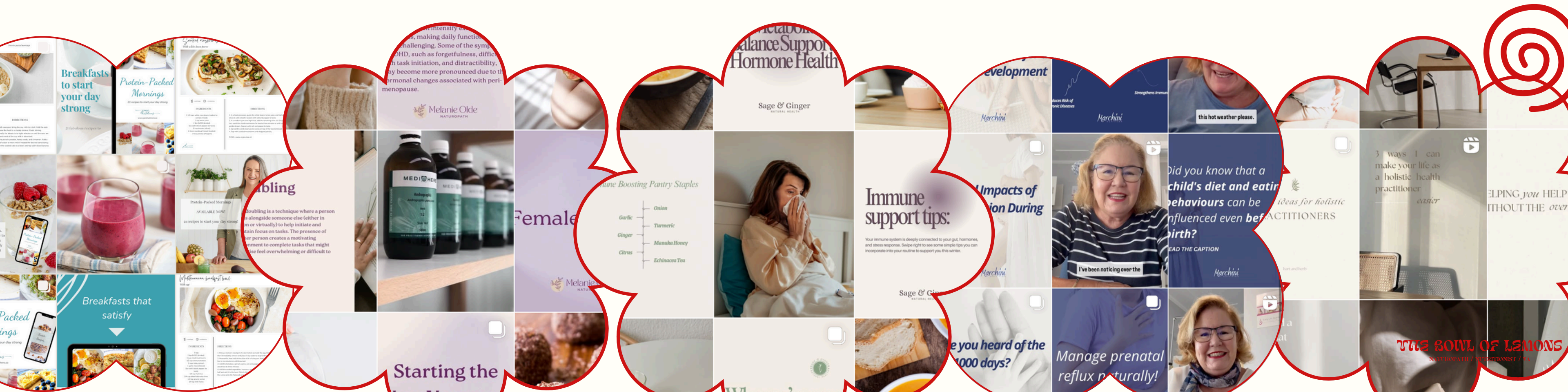
- Professionally designed layouts that match your brand
- Easy-to-read formatting for digital and printable versions
- Interactive elements like hyperlinks, checklists, and worksheets

Custom Brochure Design

- Professionally designed brochures that reflect your branding
- Engaging layouts that highlight your services and expertise
- Print and digital-friendly formats

CONTENT CREATION // //

Strategy and content planning tailored to your brand
Content creation, including graphics, templates, captions, and carousels
Scheduling and engagement to build a thriving community
Repurposing content across multiple platforms



BOOKS

- Professionally designed layouts that match your brand
- Easy-to-read formatting for digital and printable versions
- Interactive elements like hyperlinks, checklists, and worksheets



EMAIL MARKETING // //

- Email newsletter setup and automation
- Lead magnet creation and integration
- Nurture sequences to convert subscribers into clients



THE BOWL OF LEMONS

FEBRUARY NEWSLETTER



Hello, lovely community!

February Newsletter

WELLNESS BY NUTRITION

February Newsletter



Hi Everyone

Marchini
nutrition

Reminder!!! Don't Miss Out!

Free Webinar on Overcoming Fertility Struggles

FREE WEBINAR

Wednesday 4th September
1pm & 6pm

Overcoming Fertility Struggles:
The Gluten-Free Nutritional Edge
with Sally Marchini

Marchini
nutrition

Hi Subscriber First Name,

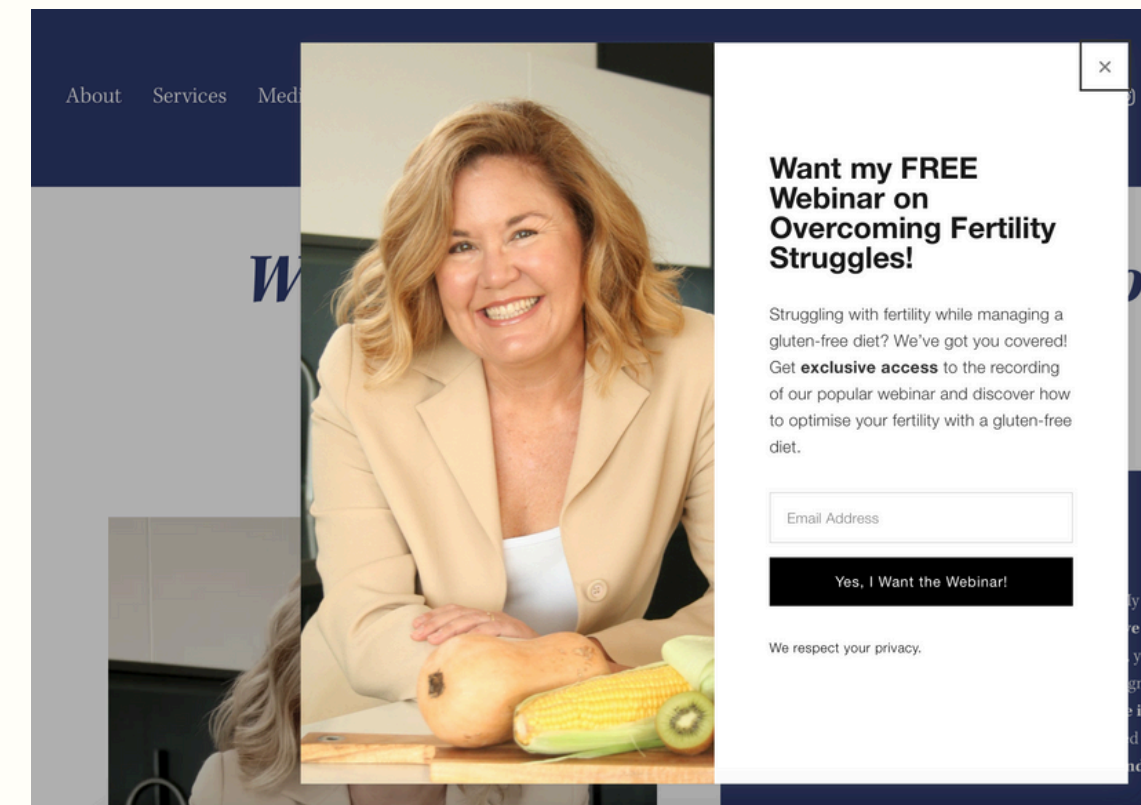
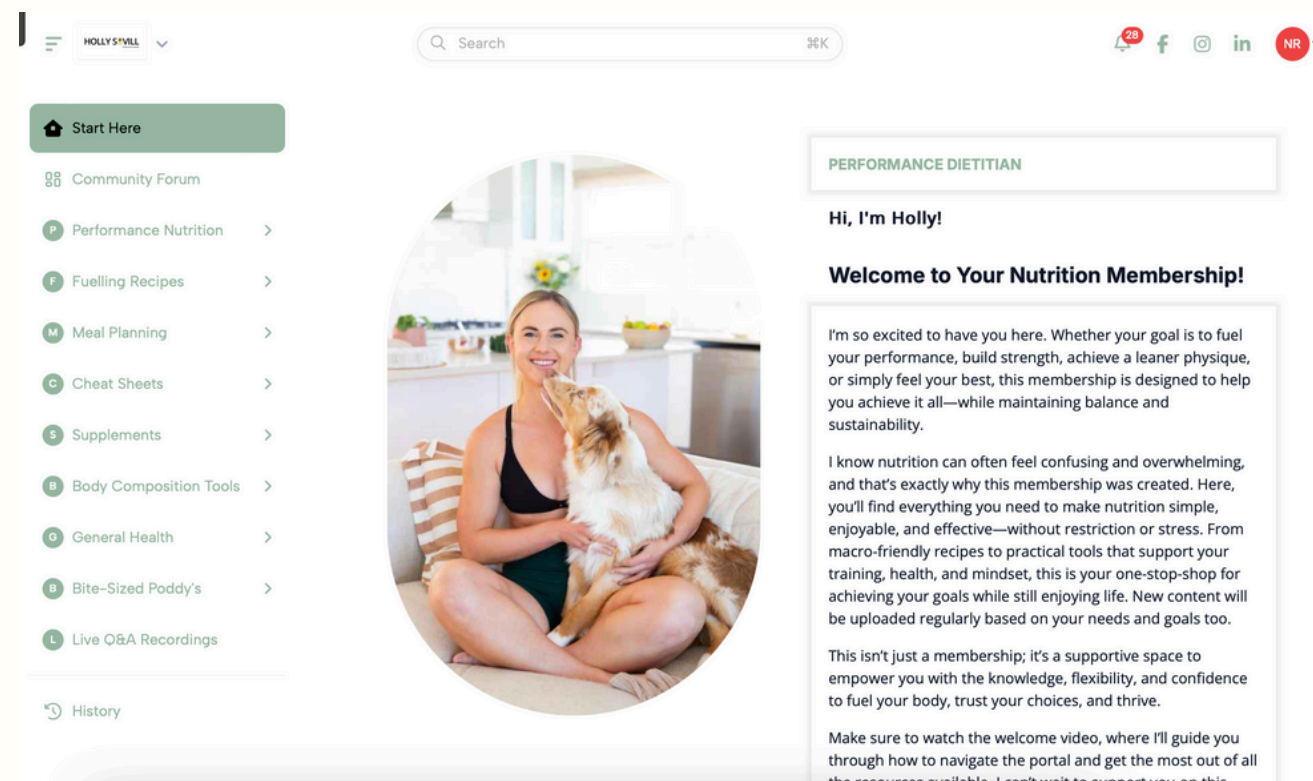
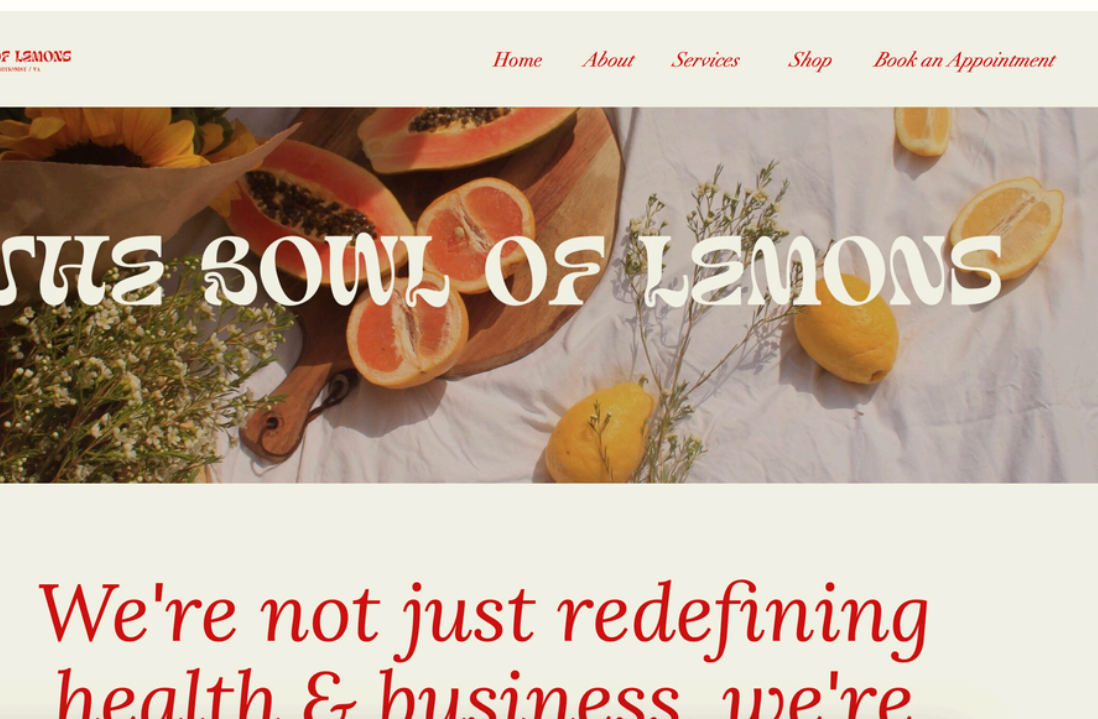
This is a friendly reminder that our highly anticipated webinar is just around the corner!



Why nourishing
metabolism is far
effective than any
THE BOWL OF LEMONS
counting diet

WEBSITES & MEMBERSHIPS //

- Website updates and landing page creation
- Setting up and managing online courses or memberships



BROCHURES / /



- Professionally designed brochures that reflect your branding
- Engaging layouts that highlight your services and expertise
- Print and digital-friendly formats



PACKAGES



MONTHLY CONTENT BUNDLES

Visibility Starter – \$550/month

- 8 social media posts (graphics, captions + scheduling)
- 1 email newsletter
- 1 x 30-min monthly strategy session

Growth Bundle – \$800/month

- 12 social media posts (graphics, captions + scheduling)
- 2 email newsletters
- 1 x 30-min monthly strategy session

All-in Content Support – \$1000/month

- 12 social media posts (graphics, captions + scheduling)
- 4 email newsletters
- 1 x 30-min monthly strategy session

Reels Content Bundle \$500/month

8 social media posts (captions, + scheduling)

- 4 reels (generic videos)
- 4 static posts, including images, infographics and carousels
- 30 minutes strategy session

Reels Content Bundle \$750/month

12 social media posts (captions, + scheduling)

- 6 reels (generic videos)
- 6 static posts, including images, infographics and carousels
- 30 minutes strategy session

If these packages don't quite align with your budget or needs, don't worry, I'm happy to work with you to create a customised solution that fits your business goals.

Get in touch for a personalised quote and let's find the perfect way to support your business!

ONE-OFF PROJECTS



(Perfect for when you need extra content without a monthly commitment.)

Ebook Creation with content provided (20 pages) → From \$400

Templates including ebooks and resources → Custom Quote

Social Media Templates → 5 templates \$250 → 10 templates \$480

Brochure Design (Single PDF) → \$150

Website Design/Copywriting (About Page, Services, etc.) → Custom Quote

Email Newsletter → \$125/month

ADHOC → \$50/hour

WHY WORK WITH ME?

Running a health and wellness business is demanding—you're here to help people, not spend hours stressing over content, marketing, and tech. That's where I come in. I take the overwhelm out of your content, so you can focus on what you do best, helping clients thrive.

- ✓ Specialised in the Health & Wellness Industry
- ✓ Consistent, High-Quality Content That Reflects Your Brand
- ✓ Strategy-Focused Approach
- ✓ Monthly Support to Keep You on Track
- ✓ Time-Saving & Stress-Free

Let's make your marketing work for you, not the other way around.

➔ Ready to stay consistent and stress-free? **Let's chat!**



REVIEWS

I've been working with Naomi for my social media content, and I am very pleased with the results. Not only is Naomi professional and reliable, but she also brings fresh ideas that keep my content dynamic and relevant. I highly recommend Naomi to anyone looking for a social media VA!

Naomi is amazing at what she does.

She has a friendly manner, like you have known her for ages but also has the ability to get down to business.

As a business owner she has saved me so much time and stress in the additional non-practitioner business things. Naomi provides clear direction and tasks to complete to get your business on a role. She is my go to for support with all things running a business.

It's so good having another qualified practitioner helping you along your natural health business journey, she knows all the struggles we face.

Would highly recommend for VA support for your business and guidance for new grads.

Naomi has been an invaluable asset to my business! She helped me create a new membership offering, something I genuinely couldn't have done without her. Her support, expertise, and commitment to helping me grow and improve have been incredible. I highly recommend Naomi to anyone looking for business support! Xx



MORE REVIEWS

I highly recommend Naomi as a VA. She has been a wonderful support to my business, helping me with content creation, which saved me a lot of time. She is efficient, a great communicator and an all round lovely person. Thank you Naomi!

Naomi has been a fabulous support to my business Nutrition by Leanne. She has assisted with design work, content writing and social media content development. She is efficient, conscientious and delivers on what is required. I would recommend Naomi!

Naomi is reliable, creative, and a delight to work with. She's been helping with my socials, updating my website and a few creative marketing campaigns too. I can highly recommend her!

Having Naomi as a VA has been amazing, I haven't looked back. She is easy to work with and has diligently ticked off many of those annoying and time consuming tasks, that as a small business owner just fall to the bottom of the pile.

I love how we work, it's fluid, collaborative and Naomi is as passionate about my business as I am. If you have been on the fence about getting a VA for your business, don't hesitate, your future self with thank you!!

