THE BOULDER MONS

VIRTUAL ASSISTANT PORTFOLIO

 \bigcirc

the bowl of lemons ATUROPATH / NUTRITI

HIM 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 SZIPPORT **Y07**: Webinars, Events & Program Support

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

Business Strategy & Admin Support

Ebook Creation & Formatting

Custom Brochure Design



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

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

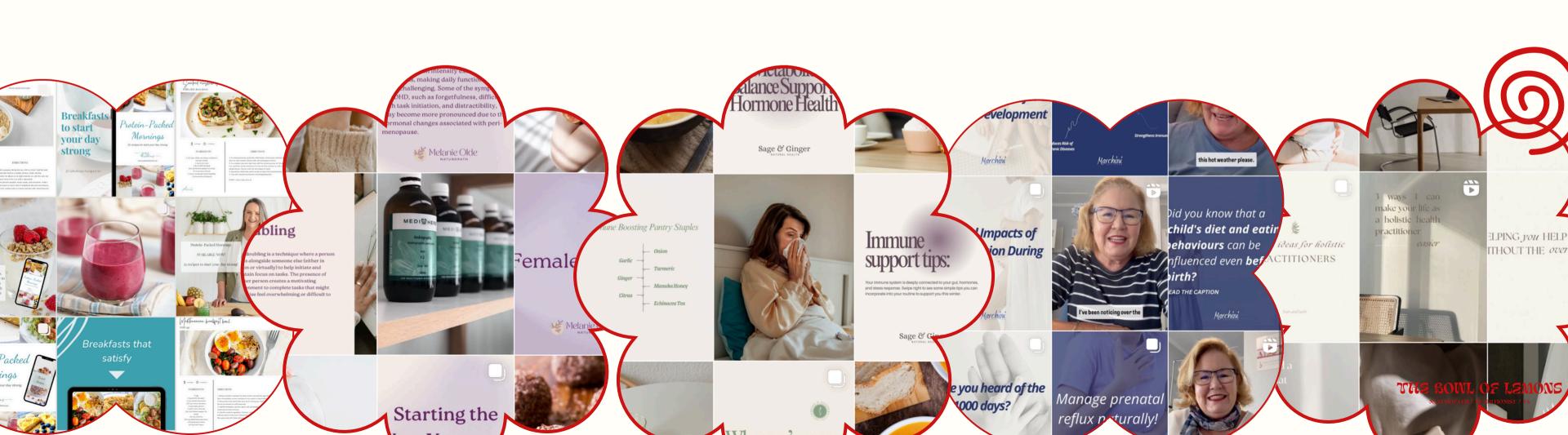
• Professionally designed layouts that match your brand • Easy-to-read formatting for digital and printable versions • Interactive elements like hyperlinks, checklists, and worksheets

 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





SMAIL MARKS71NG //

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





February Newsletter

WELLNESS BY NUTRITION

February Newsletter





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

Hello, lovely community!

Marchini

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

Hi Subscriber First Name,



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

WEBSIZES & MEMBERSHIPS //

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



We're not just redefining health & husiness we're

IOLLYS <u>"VILL</u>	Q Search		36K
Start Here			
Community Forum			PERFORMANCE DIETITIAN
Performance Nutrition	>	1	Hi, I'm Holly!
Fuelling Recipes	>	2	Welcome to Your Nutritie
Meal Planning		20	I'm so excited to have you here. Whe
Cheat Sheets	>	Ter	your performance, build strength, ac or simply feel your best, this membe you achieve it all—while maintaining
Supplements	>		sustainability.
Body Composition Tools	,	192 000	I know nutrition can often feel confu and that's exactly why this members
General Health	>	- Aller	you'll find everything you need to ma enjoyable, and effective—without re macro-friendly recipes to practical to
Bite-Sized Poddy's	,		training, health, and mindset, this is achieving your goals while still enjoy
Live Q&A Recordings		N AN	be uploaded regularly based on your
		- VAD	This isn't just a membership; it's a su empower you with the knowledge, fl to fuel your body, trust your choices
History			Make sure to watch the welcome vid
			through how to navigate the portal a the resources available. I can't wait t





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overwhelming created. Here. tion simple. or stress, From support your -stop-shop for lew content wil nd goals too

space to and confidence

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Want my FREE Webinar on **Overcoming Fertility** Struggles!

Struggling with fertility while managing a aluten-free diet? We've got you covered Get exclusive access to the recording of our popular webinar and discover how to optimise your fertility with a gluten-free

Email Address

Yes, I Want the W

We respect your privacy



SROCHZIRS //

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







"My approach is entirely wholistic, educational & absolutely empowering."

Get in touch

Location: Sutherland Shire, Australia Email: ahealingintention@mail.com Vebsite: https://www.ahealingintentionbyariuna.co Phone Number: 0405 089 402 Social Media: ahealingintention





PUTTING THE HEART BACK INTO HEALTHCARE

SERVICES

NATUROPATHY

NUTRITION

REIKI

FUNCTIONAL TESTING

HERBAL DISPENSARY & COMPOUNDING NUTRIENTS

A DECISION OF THE OWNER.

How We Work Together

Why Choose A Healing Intention by Arjuna?

Holistic & Personalised Care - Every service is uniquely or

Ready to Begin Your Healing *Journey?*



PACKACSS

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

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

Reels Content Bundle \$750/month

- 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!



8 social media posts (captions, + scheduling)

12 social media posts (captions, + scheduling)



ONZ-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 \rightarrow 5 templates \$250 \rightarrow 10 templates \$480

Brochure Design (Single PDF) \rightarrow \$150

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

Email Newsletter → \$125/month

ADHOC → \$50/hour





NHX WORK

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!





Ransw

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 nonpractitioner 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





MORS REVISION

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!!



