# TBOL Creative co

### VIRTUAL ASSISTANT PORTFOLIO



# 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

or email: <a href="mailto:naomi@thebowloflemons.com.au">naomi@thebowloflemons.com.au</a>





### 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**

- goals

### **Ebook Creation & Formatting**

- worksheets

### **Custom Brochure Design**

- Print and digital-friendly formats

• Monthly strategy calls to map out content and business

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

• Professionally designed brochures that reflect your branding • Engaging layouts that highlight your services and expertise



# CONTENT CREATON

- brand
- Content creation, including:
- graphics
- templates
- captions
- carousels



### Strategy and content planning tailored to your

### Scheduling and repurposing content across multiple platforms



# EMAIL MARKETING

### **IS% OFF EOFY SALE**

Hey First name

EOFY is here and whether your **nervous system is frayed**, or your **business backend is chaotic**, this is your moment to reset.

To celebrate the end of the financial year (and to help more of you get the support you need), I'm offering a **limited-time 15% discount** on:

### 💛 1:1 Health Consults

Feeling tired, wired, bloated, anxious or like nothing's working, no matter how "healthy" you try to be?

This is what I help my clients with every day.

You don't need another supplement. You need a regulated nervous system, and

- someone to help you make sense of the symptoms.
- ✔ Gut issues, skin flare-ups, fatigue, anxiety
- $\checkmark$  Real support that meets your body where it's at
- $\checkmark$  Custom plans rooted in nervous system safety

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THE BOWL OF LEMONS

February Newsletter

### WELLNESS BY NUTRITION

### **February Newsletter**



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

Marchini Reminder!!! Don't Miss Ou ree Webinar on Overcoming Fertility Struggl FREE WEBINAR Wednesday 4th September 1pm & 6pm Dvercoming Fertility Struggles he Gluten-Free Nutritional Ed with Sally Marchini Why nourishing Marchini TrBO blism is far Greative any Hi Subscriber First Name,

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a friendly reminder that our highly anticipate

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

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We're not just redefining health & business, we're

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e Q&A Recordings					be uploaded regularly based on your needs
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story			A.	1 Martin Contraction of the second seco	to fuel your body, trust your choices, and th
					Make sure to watch the welcome video, whe through how to navigate the portal and get

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### on Membership!

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deo, where I'll guide you and get the most out of all to support you on this



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

Struggling with fertility while managing a gluten-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 diet

Email Address

Yes, I Want the Webir

We respect your privacy.



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- 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."

### **SERVICES** PUTTING THE HEART CLASSES 66 BACK INTO HEALTHCARE **STUDIO** HEALING THERAPIES. About Arjuna **ABOUT US REFER TO WEBSITE MYOTHERAPY** write here Phillip Island, ISLAND SAUNA HEALING write here write here BOWEN 03 5956 7886 🛛 🕋 Special Interests CLINICAL NUTRITION

### Get in touch

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





### SERVICES

### FUNCTIONAL TESTING

HERBAL DISPENSARY & COMPOUNDING NUTRIENTS

### NUTRITION

NATUROPATHY

### REIKI

### How We Work Together

### Why Choose A Healing Intention by Arjuna?

Holistic & Personalised Care - Every service is uniquely

### Ready to Begin Your Healing *Journey?*



### SOCIAL MEDIA 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**

- 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!

8 social media posts (captions, + scheduling)

### ONE OFF PROJECTS

### **Ebook Design**

Bring your vision to life with a professionally designed and formatted ebook.

 $\rightarrow$  Up to 20 pages, content provided

 $\rightarrow$  Includes 1 round of revisions (within 7 days) \$500 AUD

Additional edits after 7 days billed at ADHOC rate (\$60/hr)

### **Ebook Templates (Design-Only)**

Need the design framework without the full build-out? These editable templates are for you.

- $\rightarrow$  Up to 10 pages
- $\rightarrow$  Includes 1 round of revisions (within 7 days) \$300 AUD

### **Email Newsletter Setup & Design**

One newsletter per month – design, write, and schedule. \$125 AUD/month

### **Social Media Templates**

Custom Canva templates tailored to your brand – for content that's actually easy to post. → 5 Templates: \$250 AUD

- $\rightarrow$  10 Templates: \$480 AUD

### **Brochure Design**

Two-page brochure or service menu as a branded PDF, ready to send or share. \$150 AUD

### Website Copywriting or Design

purpose. Custom Quote (based on scope)

### **ADHOC Design + VA Support** systems, or digital support. \$60/hour

From your About page to full-service offerings – done-foryou web presence that aligns with your brand voice and

For the tasks that don't fit into a box — design, admin,



# WHY WORK WITH WE

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 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



### 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!!

