

Media Kit

the conscious CONNOISSEUR

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ABOUT ME

Hi! I'm Tara Nolan, Founder of sustainable travel & lifestyle brand The Conscious Connoisseur. My goal is to inspire & educate others about the benefits of living a conscious lifestyle, by sharing the world's best eco-friendly destinations, to tips on mindful living, wellness & more. I'm also a certified yoga & meditation instructor, global ad exec with an MBA, wine aficionado, and former expat of Italy and Australia!

ANALYTICS



INSTAGRAM
@theconscious_connoisseur
14,100 followers
282,500+ Impressions per week



BLOG
theconsciousconnoisseur.co
2,050+ monthly readers
1,825 newsletter subscribers



PINTEREST
@theconsciousconnoisseur
294 followers
107,600+ monthly viewers



FACEBOOK
@theconsciousconnoisseurlife
145 followers
50,000+ Impressions per week



LINKEDIN
@taraknolan
2,155 followers



TWITTER
@TCCtravel
116 followers

LET'S WORK TOGETHER

I love working with purpose-driven brands & destinations to generate a deeper and more meaningful consumer experience around sustainability, conscious travel, wellness and mindful living. As a media & advertising MBA with over 13 years global experience, I offer a unique combination of both high-level strategic thinking to content, media and messaging influencer capabilities. In short, I will help your brand thrive in our conscious world today.

- Conscious Brand Architectures
- 360 Media & Communications Strategy
- Content Creation / Blogger
- Influencer Press Trips
- Conscious Experiences - Retreats for Women
- Panel & Speaking Engagements
- Social Media Strategy
- PR

brands I've worked with

