



Social Media Etiquette Programs

Up to 12 participants • 1 or 2.5 hour sessions

Professional Programs

Power Lunch (1 hr) – \$600 flat

- Profile & bio audit (live review of LinkedIn/Facebook/Instagram).
- Top 10 Posting Rules handout.
- Mini-discussion: What not to post from work.

Brunch Session (2.5 hrs) – \$900 flat

- Includes all Power Lunch content.
- Case Studies: real-life posting mistakes.
- Role-Play: handling inappropriate comments/DMs.
- Personal Posting Standards worksheet.

College & Early Career Programs

Power Lunch (1 hr) – \$500 flat

- Recruiter's-eye audit of social profiles.
- Quick fixes for LinkedIn, bios, and privacy settings.
- Digital footprint checklist.

Brunch Session (2.5 hrs) – \$800 flat

- Includes all Power Lunch content.
- Mock Recruiter Screen exercise.
- Networking Etiquette Online: DMing recruiters, group chats.
- Portfolio building: headline, bio, professional sample post.

Middle & High School Programs

Power Lunch (1 hr) – \$400 flat

- Interactive game: Post or Pause?
- Pause Before You Post pledge card.
- Discussion: how screenshots last forever.

Brunch Session (2.5 hrs) – \$700 flat

- Includes all Power Lunch content.
- Role-Plays: responding to cyberbullying, risky posts.
- Digital Citizenship pledge banner.
- Reflection sheets: recruiter/coach perspective.

Parent Talk (1 hr add-on) – \$300 flat

- Guidance for parents on safe posting.
- Privacy and boundaries at home.

Add-Ons

- Extra participants beyond 12: +\$25 each
- Policy/Handbook Review: \$350–\$600
- 1:1 Profile Coaching: \$75 (30 min follow-up)