

# Grow & Glow | Social Media Content Creator

**Jenn Pfahlert**

Fort Worth, Texas (76102)

[jenn@growwithjenn.com](mailto:jenn@growwithjenn.com)

[@\\_grow.and.glow](#)

[blog: growwithjenn.com](http://blog.growwithjenn.com)

[YouTube: Grow & Glow](#)

## About Me



I am a blogger, content creator and YouTube creator based in Fort Worth, TX focusing on intentional living, positive mindset, and sharing my favorite beauty and lifestyle products as well as easy recipes and food. My motto is: “Be Intentional, Be More Happy!”

I am an affiliate with national and global wellness brands, Mary Ruth Organic and Nutrachamps as well as a content creator and influencer with Stack Influence. I have worked with a variety of well-known brands but also focus on giving locally-made independent brands and business owners more visibility through collaborations and by creating content for their products. I am careful to collaborate with brands and people who align with my values:

- Thoughtful and intentional products that promote non-toxic, low-waste and eco-friendly choices
- Business owners & brands that have an emphasis on joy, gratitude, intentional living and uplifting others.

## Services

I provide a range of services including social media product photography, reels, unboxing & product feature videos, blog features, guest blogs and other types of collaborations. My style is generally natural settings and using natural light. Please keep in mind that all of my product review content is done with honesty and integrity in regards to product quality, brand identity and values.

### Social Media Product Photography

\$250~\$350 depending on size and type of products: Products are photographed for social media use. Base price of \$250 includes up to 10 product items. Products may be sent to me or we can coordinate a personal hand-off.

\*Specific art directives from client requiring additional cost to me will be billed to client upon approval (location fee, props, transportation, etc)

\*Images delivered to client are unedited and raw so that client can color-correct and adjust in accordance with their brand aesthetic

Example:



Client's Image (Left): Product is slightly blurry, there is awkward negative space and lighting is slightly green.

My Image (Right): More composed framing with props/decor to match the product theme. Brighter lighting that flatters the product.

## Social Media Video Content (Reels and Short Video Content)



\$100~\$500. Varies upon project and how many versions of the video is required.

Example:

\$100 - [Solely Soulful Banana Pudding Reel](#)

\$500 - [BTS Of Your Business Process](#)

\$150+ (base rate) - [Basic Product Review/Reaction Video](#)

\$300+ (base rate) - [Full Length YouTube Review](#)

\*I can also offer basic video editing services if you have raw content that needs to be cut down to take out fillers and for you to have a smooth video to work with. Starting rate for rough cuts with basic transitions are \$150 for every 10 minutes of raw content and I will give you a timestamp list that you can use in the description of your video. Additional editing post-production elements such as stickers, music, text, motion graphics, etc are an additional cost and dependent on the level of quality you need.

4

## Guest Blog

\$150 - Starting rate for 500 word guest blog

Examples:

\$150 - [Guest Blog: Intentional Mindset Blog For Nutrachamps](#)

\$200 - [Ginseng Health Benefits \(Guest Blog\)](#)

\*Additional charge for more in-depth research and additional time necessary to build an informative blog

## Combination

For a combo of content creation and cross promotion on my social media platforms and channels let's discuss what elements you are interested in!

## Details

Turnaround time for most projects are 5-7 business days depending on scope of your project and my current workload. I am happy to meet for an initial consultation to identify what your content creation needs are. For a general marketing audit and ongoing content & marketing consultation my fee is \$50 an hour. I can give you support with developing content strategy, digging into your analytics, helping you optimize your use and time spent on social media platforms, compiling appropriate SEO, and more.

I am a content creator, but not your social media manager. I can give you guidance on what you can do to level-up your social media presence and consult with you on how you can improve visibility and traffic to your brand.

**I look forward to getting to know you and your business more and giving you the content creation support you need so that your brand looks more polished, gets seen more and encourages more engagement!**