

April 2020



*Tshanina  
Peterson*

Helping You Live An Abundant Life

**TshaninaPeterson.com**  
hello@tshaninapeterson.com

## About the Blog

TshaninaPeterson.com is a blog dedicated to helping women live an abundant life by focusing on three specific areas of their life: emotional, physical and spiritual health.

On the pages of the blog you will find easy + healthy recipes, motherhood tips + tricks, life + finance hacks, and inspiration to uplift + encourage you on the hard days.

## At-A-Glance Stats

*Averages for TshaninaPeterson.com  
as of April 1, 2020*

Monthly Pageviews

**41,591**

Unique Monthly Visitors

**28,238**

## About the Author



A wife and mom, Tshanina Peterson is a passionate Christ-follower, encourager, and entrepreneur.

She believes that no matter what craziness life throws your way, you don't have to walk this journey alone.

## Online Presence & Social Media

*Current as of April 1, 2020*

**Instagram Followers**

*[instagram.com/tshanina.peterson](https://www.instagram.com/tshanina.peterson)*

**1,110**

**Pinterest Followers**

*[pinterest.com/tshaninapeterson](https://www.pinterest.com/tshaninapeterson)*

**23,100**

**Facebook Followers**

*[facebook.com/tshaninapeterson](https://www.facebook.com/tshaninapeterson)*

**587**

# Advertising Options

- 1 Featured Post
- 2 Social Media Outreach
- 3 Instagram Stories

## Advertising Guidelines & Details

- ~ We accept PayPal (debit or credit) or check.
- ~ We only run content that we feel is a good fit for our readers. We have the right to refuse advertising if we find it to be objectionable or not in line with the spirit of TshaninaPeterson.com.

**Are you interested in  
advertising with us?**

Send an email to [hello@tshaninapeterson.com](mailto:hello@tshaninapeterson.com)

# 1 Featured Post

Featured posts guarantee placement on the blog at a mutually agreed to and scheduled time.

This is a post, written by Tshanina, featuring your product or service. You will supply us with some text, bullet points and a few graphics. The final message will be written with the intent to get your message across, but in Tshanina's voice and choice wording.

In addition, this post will be shared to our social media audiences on Instagram, Pinterest and Facebook.

Cost: **\$400 per post\***

## **View Examples of Featured Posts**

Lena Cup - [\*Post\*](#)

Smithfield Marinated Pork - [\*Post\*](#)

Country Financial - [\*Post\*](#)

Bertolli - [\*Post\*](#)

*\*This \$400 rate assumes there are no revisions to the post that Tshanina creates. There may be additional costs if revisions are requested.*

## 2 Social Media Outreach

Instagram, Pinterest and Facebook are extremely powerful platforms to help spread the word about your product or service. Tshanina has engaged audiences on each of these platforms that is continually growing.

### Cost

Pinterest & Instagram  
\$50

Pinterest & Facebook  
\$50

Pinterest, Instagram &  
Facebook  
\$75

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## 3 Instagram Stories

Tshanina's sponsored Instagram stories include a series of three to five 15-second frames where she discusses your product or service. She gives a strong call to action to take advantage of your offering. You may provide special coupon codes/or links for exclusive offers to the viewing audience.

Cost: **\$50 + any affiliate payout for action taken**