

# Work Samples

## Email Campaigns

Performed the following roles:

Project Management

Copywriter

Designer

Developer

Research

Campaign Analysis and Reporting/Tracking

Testing (Desktop and Mobile Devices)

This particular sample was done as part of an application process. I have created hundreds of emails over the course of my career and performed the above roles for the majority, if not all, of them.

Companies:

Hunter Contracting Co

Home Brands Group

Quantum Wellness Botanical Institute

Credit Rent Boost

Quantum Emergence/Dr. Matt

Go Daddy, Inc.

Jordan Windows and Doors

Meeker Ink (several small businesses during the time I owned this marketing agency)

\* Materials/Collateral are property of the company I created them for. Therefore, I do not have access to more samples at this time.

# ORGANIZE & TRACK ANNUAL BUDGETS WITH EASE



Dear MediaTools User,

We are VERY delighted to continue to bring new features and benefits to your MediaTools desktop application.

And we have more exciting news for you...

We would like to introduce you to Core Budget, the new 'Budget' module of MediaTools. Core Budget will allow you to easily enter your annual budgets per client, products, and other properties as needed. This will help you to better organize and track each transaction that affects the annual budget. Core Budget's standard features also allow you to compare total plan dollars to the total annual budget.

We understand that one size does not fit all. Therefore, with some development, Core Budget can be customized to fit your specific business needs. Please contact your Account Manager for more information and pricing.

Thank you for continuing to be a valued customer. We look forward to serving you and bringing new and improved features and benefits to your business!

Sincerely,  
The SQAD Team



## HISTORIC RATE TRENDS

Get access to the most comprehensive, real cost analysis, and research tools to discover actionable market intelligence cultivated from billions of unique data points.



## CROSS CHANNEL OPTIMIZATION

Build focused and targeted strategies by finely tuning your mixed local, national, & digital assets to get the most from your advertising budgets.



## PROJECTION ANALYSIS

Utilize powerful analysis tools for weighted unit performance projections to create adaptive & responsive media strategies.

Hello again,

This Thursday we've got a focus on natural living so we can look and feel our best both inside and out. Learn about the health benefits of maca, which hails from the Andes Mountains in South America, discover where sugar is lurking in your low-sugar diet, and get the scoop on cellulite and how you can prevent and reverse it naturally.

Until next time,

*Erica Greene*

Erica Greene, Managing Editor *Journal of Natural Longevity*

#### FROM THE EXPERTS



##### **Maca for Your Mojo and More!**

Health and wellness editor extraordinaire, Cheryl Ravey gets us up to speed on Maca and its amazing health benefits, like boosting libido, balancing hormones and improving brain function. Find out how to incorporate maca into your diet, and learn the 7 amazing health benefits you'll be getting from this exotic superfood.

[READ MORE](#)

#### EAT WELL, BE WELL



##### **How Sugar Hides**

Unless you're eating and drinking a 100% whole food diet, there's sugar lurking in your processed foods—be it in an energy bar you grab on-the-go, or a "healthy" fruit juice you sip for a power-packed dose of antioxidants. These days, sugar is playing a game of hide and seek with consumers, so we thought we'd give you a leg up and reveal some of sugar's most favorite hiding places.

[READ MORE](#)

#### FOUNTAIN OF YOU



##### **Natural Remedies for Cellulite**

Cellulite doesn't pose a health risk, but it can take a toll on one's confidence, especially during the summer when swimsuit season kicks into gear. So let's start by hammering home a very real fact: Cellulite is normal, natural, and nothing to be ashamed of. Read on for the major contributors to cellulite and some natural remedies for you to try.

[READ MORE](#)

#### Fitness Fact of the Week

Here's a fun fitness fact for you: If a muscle is dehydrated by just 3%, it loses 10% of its strength and 8% of its speed. Got water handy? Never leave home without it!

#### A Special Message From Our Friends at *Diabetes Free*: **Drink This Before Bedtime to Stop Sugar Spikes (No Matter What You Eat)**

For decades doctors wrongly claimed this *sweet drink* is off-limits for diabetes, but diabetes scientists now have undeniable evidence that it's the **ONLY** thing you need to permanently fix your blood sugar levels...

Drinking one glass of this right before going to sleep helps your pancreas control insulin levels instantly while completely eliminating sugar spikes for 24 hours straight. And you don't need expensive drugs or diet restrictions.

Find out here how a growing army of users are effortlessly keeping their sugar levels steady and carelessly indulging in sweets at the same time.



Disclaimer: The entire contents of this e-mail are based upon the research and opinions of the publisher unless otherwise noted. The information in this e-mail is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.

\* These statements have not been evaluated by the Food and Drug Administration. The information in this e-mail is not intended to diagnose, treat, cure or prevent any disease.

customerservice@journalofnaturallongevity.com

Our Office

Contact us:  
Phone: 800-368-3235

FOLLOW US TO GET THE LATEST UPDATES!

