

wholeheartedly LAURA

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WEBSITE

wholeheartedlylaura.com

ABOUT WHOLEHEARTEDLY LAURA

Wholeheartedly Laura is an award winning healthy living and lifestyle blog written by Laura Agar Wilson. The blog follows Laura's healthy living journey and shares healthy recipes, support and advice aimed at busy women with real lives.

Through her blog and health coaching practice, Laura inspires and educates women on how to take care of their wellbeing with a truly wholehearted approach, including everything from eating well, exercise, self care, self love, positive body image, spirituality and personal development.

In 2016 Laura was awarded Blogger of the Year at the British Health Journalism Awards.



HI THERE! I'M LAURA...

Laura is a certified health coach who trained with the Institute of Integrative Nutrition where she studied over 100 dietary theories, practical lifestyle management techniques and innovative coaching methods with some of the world's top health and wellness experts. She also holds a qualification in diet and nutrition advice, NLP and CBT and is a member of the Federation of Holistic Therapists. In addition to her blog and health coaching practice she is a professional health writer, recipe developer and author of *Grains as Mains* and *Coconut Oil*. She also offers business coaching to other UK based wellness entrepreneurs.

She lives in Durham, North East England with her husband James and three year old son Fin.

FEATURED IN

Women's Health

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.com

FOR MODERN MUMS

gurgle

GRAZIA
DAILY.CO.UK

healthy

NATURAL HEALTH

SUPERFOOD

COMPLETION BODY



WHAT I DO

I support women who are serial dieters to ditch the diet, love themselves more, lose weight, get healthy and find their balance. I offer 1-2-1 coaching and online courses as well as live workshops and retreats.

I also work with brands such as Activia, Sanctuary Spa, The Body Shop and more, as a writer, featured blogger and brand ambassador. I have spoken at events on behalf of several organisations on the topics of healthy eating, social media and blogging, health trends etc.

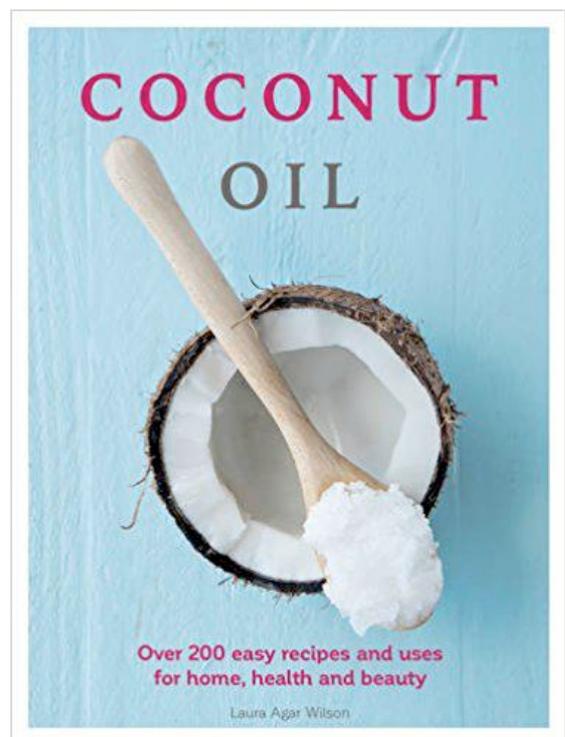
In addition, I'm a recipe writer and food photographer and have had my work published by Dorling Kingsley in *Grains As Mains*, in *Coconut Oil* and in *Superfoods Magazine*.

SPECIALIST TOPICS

As a health coach I'm fully qualified and experienced to give comment on the following topics:

- Self Care
- Healthy eating and healthy lifestyles
- Mindset around food
- Body image and self love
- Sleep and stress
- Blogging and social media
- Running your own business
- Healthy recipes
- Modern New Age Spirituality

High res press images are available



SOCIAL STATS + SITE TRAFFIC

100k Page views (average per month)

30k Unique visitors (average per month)

68% of readers UK based

Majority of readers females aged between 25-35

6000 subscribers

5000 Facebook 'likes'

4000 Twitter followers

4000 Instagram followers

90,000 Pinterest followers

WORK WITH WHOLEHEARTEDLY LAURA

I am interested in working with brands and businesses that share the same ethos as my own and that are in keeping with the general topics covered on my blog including self care, self love, body positivity, healthy food, exercise and balance.

As a blogger of over 8 years I've build up a core loyal following of women who trust and respect my opinion and who act upon my recommendations. This time has also allowed me to work with many brands in different ways and in doing so see what works best for their needs as well as my own.



COLLABORATIONS

I no longer work with brands on one off blog posts or reviews. I'm now seeking brands who would like to work with Wholeheartedly Healthy either in blog post features or over a period of time to include several mentions in high quality blog posts and across my social media channels. This offers brands much more natural engagement with my audience and enables me to produce much higher quality content benefitting both parties.

Content can include a mix of recipe development, styled images, Instagram posts (in both feed and stories), You Tube Videos, Facebook Posts and Pinterest specific content.

£300 per blog post feature, ongoing work fees on request.

EXAMPLES OF WORK

[TOTM](#): Featured within a broader post around unusual ways to go organic.

[Healthspan](#): Featured a link to their turmeric resource and supplements within a more natural post.

[Grahams the Family Dairy Quark](#): Long term relationship creating several recipes over a period of 3 months.



MY CONTENT FOR YOU

I love to write content for other sites, blogs and publications. I can write and research a range of articles on the topics of healthy living, fitness, food, style, parenting and beauty, all to your own specifications.

Any article of mine which is published will also be shared via my social media channels.

£250 per article including social sharing

"We knew Laura and her 'wholehearted philosophy' would be perfect for us at Sanctuary Spa. Her monthly articles are well written, insightful and inspirational"

EMILY: PZ CUSSONS / SANCTUARY SPA

OTHER SERVICES

RECIPE DEVELOPMENT / DEMOS: for brands and magazines I can create delicious healthy recipes complete with professional level photography and can supply high res images with permission of use.

CONSULTING: I'm available to consult on menu and product development for hotels, cafe's and restaurants.

PUBLIC SPEAKING + PRESENTING: I'm a confident, enthusiastic and passionate public speaker and I'm happy to present on a range of topics around healthy living and blogging as well as sharing my own motivational story.

Please note that I am located in North East England, but I'm able to travel across the country and to London. Fees available on request.

EXAMPLES OF WORK

[Booja Booja:](#) Taking Care of You

[The Body Shop:](#) Get ready with Laura Agar Wilson

[Mind, Body, Soul:](#) Hotter Shoes

[Sanctuary Spa:](#) How to simplify your life



FOLLOW + CONTACT

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