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A Mom's Guide to Rockin' Life by Rockin' the Boat

 2,500+  1,200+  1,000+  8,000+ 3,000+ Unique Visitors 8,000+ Page Views/month

ABOUT

Digital Marketing and Communications expert, a seasoned Writer, Entrepreneur, Performer, Mom and Community Builder. A leader and visionary in the world of social media for business, and social movements. Founder of a Cue Creative Consulting an online communication agency, #sayhitoastranger, a local social movement organization dedicated to creating deeper connections within our cities and on the Leadership team for the Vancouver Chapter of an international Networking organization where I received an award for highest 'Community Impact' for my work with their online community. Nominated for the Power of Peace award from YMCA, two small business awards for Community Impact and the Wendy McDonald award - Vancouver Board of Trade for Community Catalyst. Voted a Top 30 in Vancouver as a mom blogger, my passion for writing is supported by my my passion for community, local businesses and global connection. I strive for excellence by focusing on what makes me unique and what my special skills are, and I look for other businesses and organizations that share deep values of community, connection, sustainability and support and strive to be unique as well. Known for my '#JustReal approach, I aim to identify and support anything or anyone who is living an authentic way and genuinely serving their community.

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An online blog/magazine dedicated to living life out loud and on your own terms. #JustReal is the mom's guide on how to accept failures as wisdom lessons and to strive for excellence by ignoring the pathology for perfection and embrace genuine and authenticity to share the REAL YOU with the World. I review and share information from businesses and organizations that have that extra 'spark' that separates them from the norm - like the readers I write for.

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- **WHERE TO SHOP** - Community Focused Businesses with positive values for family and career moms/dads
- **WHERE TO EAT** - Good Food Experiences - Healthy, Sustainable, Unique, Fun and YUM!
- **WHERE TO STAY WHILE TRAVELING** - Travel advice, best hotels/motels, best service and most unique
- **PARENTING** - Best resources for single parents, or parents, tips, advice, sharing and support
- **ENTREPRENEURSHIP** - Resources, tips and advice for entrepreneurs with a primary focus on women in business
- **LEADERSHIP/COMMUNITY** - Highlighting powerful community leaders, organizations who support women in business and entrepreneur/working moms

My Readers are YOUR consumers/demographic:

My demographic is primarily women between 20-65 years of age. Career Driven, Entrepreneurs and many of them single mothers looking for supportive, value based businesses and services that they can trust. These women engage regularly on Social Media with the highest shared content to Facebook. The majority of views are: 65% Canadian 35% US

Featured At:

Articles: Elephant Journal, PowHERhouse - Canada's first lifestyle and leadership magazine, eWomen Network (global), Entrepreneur Mom Now, Small Business BC, Opt Back In (resource website for mom entrepreneurs) a Cue Creative Consulting Community Blog.

APPEARANCES: CBC Radio BC Almanac, Vancouver Courier, Westender, Go! West Coast - Shaw TV, Vancity Buzz (Daily Hive), Hello Vancouver, Burnaby News Leader (Cover Page) Inside Vancouver, Cultural Enrichment Tourism Blog, Essential Conversations - CJSF, The Peak FM, CKNW - John McComb Show, CBC Radio Canada, Global BC1 Up Front, CKNW - Sean Leslie Show, Huffington Post (mention)

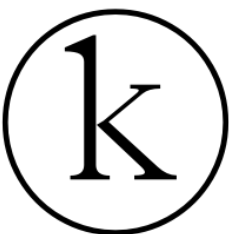
Affiliates:

Creative Director/CEO of a Cue Creative Consulting - Online Communications/Marketing Agency, Founder, CEO and Spokesperson for #SayHi - Social Movement in Vancouver, B.C. Communications Leadership team member for eWomenNetwork Vancouver Chapter, Various local businesses as clients and sponsors for my community projects. Mentor and teacher for Simon Fraser University, UBC, and BCIT Marketing and Publicity and Broadcasting students.

Working With Me

Review Articles, Social Media Campaigns, Giveaways, Contests, Full Service Campaigns (with blog posting), Sponsored Content/Narrative Promotion, Brand Ambassador.

More detailed info: www.kaarelong.com/work-with-me/



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