

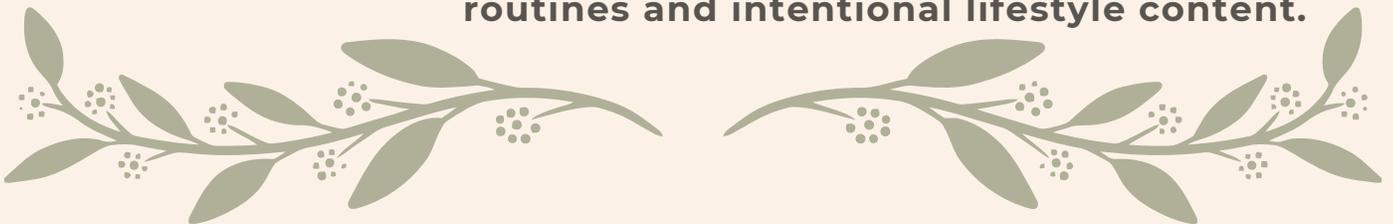


# The Leisure Teacher

LIFESTYLE BLOGGER AND CONTENT CREATOR

## About Me

I'm Montoya, the creator of The Leisure Teacher, where I share self-care, wellness, and leisurely living through simple routines and intentional lifestyle content.



## Audience Snapshot

My audience is primarily women ages 25-45 who value self-care, wellness, and balanced living. They follow my content for simple routines and trusted product recommendations that support a healthier, more intentional lifestyle.

## Statistics

Facebook-Growing Community  
Instagram-Growing Engagement  
Pinterest-Building Reach  
YouTube-Growing Visibility



305



28



2



YouTube

17

# Ways We Can Collaborate

- Sponsored blog posts
- Social media features
- Product spotlights
- Newsletter placements
- Brand ambassadorships
- Affiliate partnerships

Quality-driven, authentic collaborations



## Current Collaborations

- **Amazon Associate:** Sharing curated self-care, wellness, and lifestyle products with my audience.
  - Open to collaborations with brands that align with my pillars of self-care, wellness, and leisurely living.
- \*UGC services and brand partnerships available upon request**



## Let's Connect

### Email

[info@theleisureteacher.org](mailto:info@theleisureteacher.org)

### Website / Social Media

[www.theleisureteacher.org /](http://www.theleisureteacher.org/)

[@theleisureteacher/](https://www.instagram.com/theleisureteacher/)[@theleisureteacherblog](https://www.instagram.com/theleisureteacherblog/)



# Rate Card: Blog + Social (starting at)

Rates shown are starting rates and may vary based on project scope, usage rights, and brand needs. Custom packages available upon request.

Service	Starting Rate
Blog Content (up to 1,000 words)	\$175
Instagram Reel + Caption	\$125
Pinterest Pin Bundle (3 pins)	\$75
Social Media Shoutout (add-on)	\$50
Blog/Newsletter Mention (add-on)	\$50
Blog + Social + Pin Package	\$350

# Rate Card: UGC Content (Base UGC rates — starting at)

Rates shown are starting rates and may vary based on project scope, usage rights, and brand needs. Custom packages available upon request.

Service	Starting Rate
UGC Photo (1)	\$50
UGC Video (1, 15–30s)	\$125
UGC Bundle (3 photos + 2 short videos)	\$375

**Let's Collaborate!**

 [info@theleisureteacher.org](mailto:info@theleisureteacher.org)

 [theleisureteacher.org](https://theleisureteacher.org)

