

07/29/2020, 4:42 PM

Hi Kelly! Here is your testimonial 😊 (I can also send it to your email if you would like?)

Kelly was extremely efficient and showed her unique creativity in helping me create several social media posts for my business page! She first made sure she understood my target audience, and the overall message I'm trying to get across. She was excellent in communicating back promptly, and professionally responded to any feedback given. I highly recommend Kelly to be a part of your growing team! She will bring forth amazing work and results that exceed your expectations!!



The graphic features a light beige background with a torn paper effect at the top. The title 'Self-Care' is written in a black cursive font on a piece of yellow paper. Below the title, the text 'FOR BUSY ENTREPRENEURS LIKE YOU' is in a bold, black, sans-serif font. A list of self-care tips is presented with small orange stars as bullet points. At the bottom left is a photo of a smiling woman with long dark hair. To her right is a large orange star containing the text 'Tiffany Erica, VA Services' in a cursive font. The background also has some faint orange brushstroke patterns.

# Self-Care

## FOR BUSY ENTREPRENEURS LIKE YOU

- Water first. Then coffee.
- Gratitude. We ALL have reasons to be grateful.
- Get outside today. You need Vitamin D.  
AND you need to move.
- Set a timer for regular breaks to walk or stretch.
- Step away, regroup, then come back.
- Feeling the need for crunch? Prep raw veggies for grab and go and avoid high sodium chips or pretzels.
- If it stresses you out, hire it out.  
Give me a call! I've got you!

Tiffany Erica, VA Services



*You were never meant  
to do it alone.*



TIFFANI ERICA, VA SERVICES



Let me do what I do best  
so that YOU can do what ONLY YOU can do.

TIFFANY ERICA, VIRTUAL ASSISTANT SERVICES