



# Mallory

## ROWAN



**I BUILT A GLOBAL SIX -  
FIGURE BUSINESS AND IT  
NEARLY KILLED ME.**

NOW I HELP OTHERS BUILD  
WITHOUT BURNING OUT.



# BORN TO *create*

## SOME COLLABORATIONS INCLUDE



## HEY, I'M MALLORY

I'm a 26-year-old entrepreneur passionate about wellness, business, and making every day a little brighter.

I show up to inspire, educate, and challenge what we've been taught.

From big picture thinking to nitty gritty life hacks, my goal is to bring forward products, solutions and strategies I genuinely feel can change lives.



OTTAWA BORN & RAISED  
INTERNATIONAL SPEAKER

LULULEMON AMBASSADOR  
UNITED WAY 'PEOPLE TO KNOW'



# inspired TO THRIVE

## WORKING WITH MAL

**Business-minded:** I focus on delivering ROI and always provide a post-partnership report.

**Creative inspiration:** I love finding unique ways to best showcase your brand.

**Professional approach:** I'm not here for the free swag. I treat every transaction like a partnership.

**On-time delivery:** I've completed projects in less than 24 hours to meet urgent partner deadlines.

I'm always ready to roll up my sleeves and hit the drawing board to come up with the most creative, effective, and on-brand campaign possible. I like to think of myself as an extension of your team, and together, we can create something we both stand proudly behind.



## THE NITTY GRITTY



### TOP COUNTRIES

UNITED STATES  
CANADA  
UNITED KINGDOM



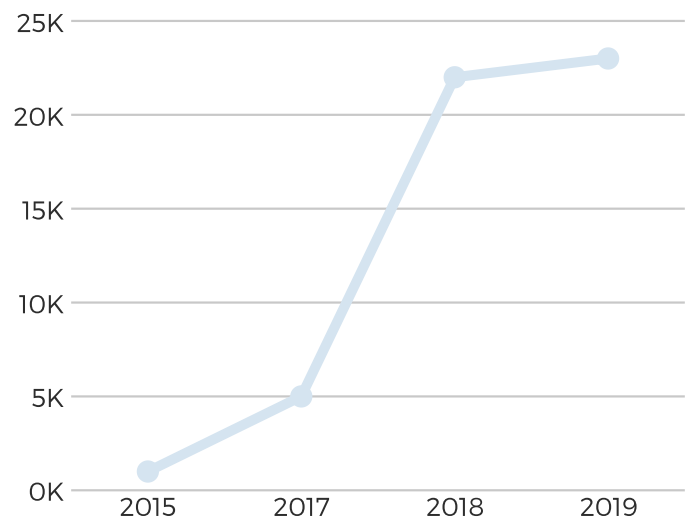
### 23K FOLLOWERS

150K WEEKLY IMPRESSIONS  
15K POST IMPRESSIONS  
4.5% ENGAGEMENT



### DEMOGRAPHICS

60% MEN, 40% WOMEN  
72% 18-34 YEARS OLD



\*1K YouTube subscribers, 2K+ TikTok likes, 12+ annual speaking events



# WE'RE BETTER *together*

"Mallory is a true collaborator, working with our team to produce authentic, engaging and on-message Instagram, Instagram Story and blog content under extremely tight deadlines."

- Scott Taber, Media Profile, Uber Eats Campaigns

## GET YOUR CREEP ON

@malloryrowan  
malloryrowan.com  
in/malloryrowan  
@malandjosh  
/c/malandjosh

## PRICE LIST

**IG Post(s):** \$500 per individual post (discounted for extended series)

**IG Video Post:** \$750 per individual video

**IG Stories:** \$375 per series (discounted with associated posts)

**YouTube Video:** \$1,000 with IG story promotion included

**TikTok Video:** \$500 per individual video

**Blog Post:** \$1,000 per 600-1,800 word entry

**Content Creation:** \$450 (does not include any promotion/posting on personal accounts, for brand content purposes only)

Long-term brand partnerships are the most authentic and effective approach for any campaign. All content partnerships can be customized and negotiated for extended partnership opportunities.

## LET'S CHAT

To get your product or service lined up for a collaboration, please email: [hello@malloryrowan.com](mailto:hello@malloryrowan.com) and include the product or service, campaign details, and your vision for the partnership. Let's make this happen!

## GET IN TOUCH

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Nepean ON J2K 5V8 CAN  
For sample collaborations, [click here](#).