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Always up for **written and spoken interviews, guest posts, and regular columns** to spread knowledge and kindness and to support publications and small businesses.

Evergreen topics

- Marketing (strategy, branding, content, website, social media)
- Business (sole trader)
- Arts (writing, drawing, painting)
- Culture (travel, veganism)
- Mental health (depressive symptoms, anxiety, sleep issues)

Time-sensitive topics

- 2022 trip around Europe while working and creating (Ireland, Spain, Portugal, France, Monaco, San Marino, Italy, Slovenia, Croatia, Austria, Germany, Netherlands, Belgium)