



# SARAH

*Hall*

DIETITIAN / BUSINESS  
COACH / ENTREPRENEUR

**MEDIA KIT**

# HI, I'M SARAH!

DIETITIAN / BUSINESS COACH / ENTREPRENEUR



Small town girl who grew up in a one stoplight town and was never meant to be an entrepreneur.

Back in 2015 my husband and I were in about \$200K in debt. He was a full time teacher and coach, and I was a full time dietitian for the local VA.

I hated living paycheck-to-paycheck and just knew I would figure out a way to get us into a better place financially.

Coaching wasn't as popular back then so there were really no nutrition coaches online at the time so I decided I was going to do something completely different and taught myself how to do makeup professionally! I launched a YouTube channel and started doing freelance makeup gigs on the side to make extra money.

During the day I would sit at my desk at the VA and ponder if freelance makeup was the right route for me. It was taking me away from my family during what little free time I had, and between travel and makeup my profit was terrible!

I decided to hire a business coach to help me get on the right track because I was frankly tired of spinning my wheels, and she told me I should offer online nutrition coaching. I already had an audience on YouTube where I was posting makeup videos, so it felt like a fit to at least try putting out a nutrition offer.

Fast forward nine months and I was making \$10K per month from my nutrition coaching side hustle! In a year and a half I grew those \$10k months into \$30K months! It was at that point that I finally left my job.

Once I went full time in my nutrition coaching business we scaled up really fast, and now I'm a multi 7-figure business coach.

## INSTAGRAM STATISTICS

**50,842**

Weekly Impressions

**14.7%**

Average Engagement Rate

**109,901**

Average Monthly Reach

**81.4%**

Female Following

**43.8%**

Female Following Between  
25-34 Years Old

## AUDIENCE

**48,000**

Podcast Streams

**10,309**

Instagram Followers

**4,349**

Facebook Friends

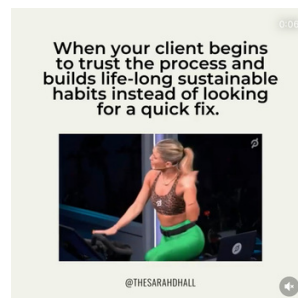
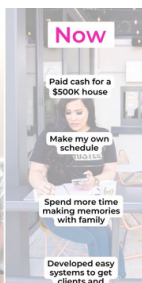
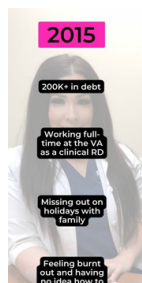
**2,408**

Facebook Followers

**2,200**

Facebook Group Members

## TOP PERFORMING POSTS



# GET IN TOUCH

DIETITIAN / BUSINESS COACH / ENTREPRENEUR



All sponsorships and collaborations are on a first come, first serve basis.

To get your product or service lined up for a collaboration, please email: [sarah@sarahdhall.com](mailto:sarah@sarahdhall.com) and include the product service, the website, and what you envision for the sponsorship.

Please allow 24-48 hours for a reply. I'm so excited to team up with you and work together to make things happen!

**SARAH**  
*Hall*



**[SARAH@SARAHDHALL.COM](mailto:sarah@sarahdhall.com)**



**[THE SARAH HALL SHOW](#)**



**[WWW.SARAHDHALL.COM](http://www.sarahdhall.com)**



**[@THESARAHDHALL](#)**