

MEDIA KIT/PORTFOLIO

LAUREN HOLSEN / Tampa ,FL

www.laurenblakecontent.com

678.267.4386

LAURENBLAKEMEDIA@GMAIL.COM

PHOTO/VIDEO/MARKETING |
SPORTS ENTHUSIAST |
GRAPHIC CONTENT CREATOR |
SOCIAL MEDIA SPECIALIST
OWNER OF FRAME OF MIND CLOTHING

91K+

INSTAGRAM
FOLLOWERS

280K

TIKTOK
FOLLOWERS/
4MILLION
LIKES

+ 41.8K+

YOUTUBE
SUBSCRIB
ERS



GRAND
HYATT

Jeep

Harral's
RESORT
SOUTHERN CALIFORNIA

ZALES
THE DIAMOND STORE

PHILIPS
hue

verizon

LAUREN

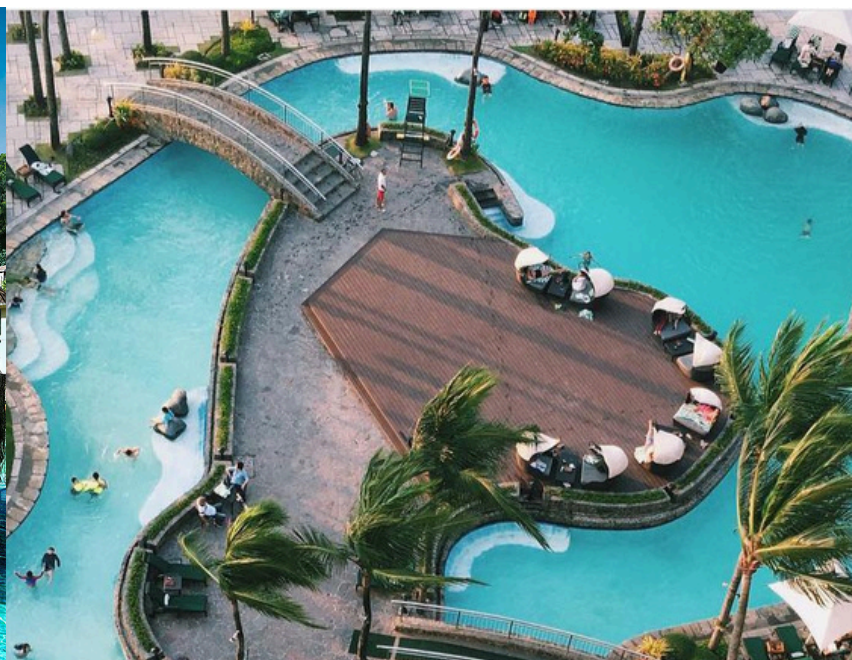
@LAURENHOLSEN

WHAT DOES A COLLABORATION WITH ME LOOK LIKE?

When you collaborate with me, I go above and beyond the agreed-upon deliverables to ensure EVERYTHING is showcased in the best possible light. I provide quality 4K video footage, high-resolution images, and aerial drone content if desired. I'll create a high-impact 30 sec-one-minute promotional video, which can be cut into two shorter videos ideal for social media platforms like Instagram Reels and TikTok.

Beyond content creation, I'll actively promote your resort on my personal social channels, including 10+ Instagram and TikTok Stories and dedicated in-feed posts. (300k+) For example: "Travel with me to" showcasing the full experience.

With over 12 years of professional content creation experience, I bring both creativity and strategy to every project. After battling a serious autoimmune disease over the past four years, I'm finally in a place where I can travel again—and I'm incredibly excited to get back to doing what I love.



Grand Hyatt Resort & Spa-Hawaii

LAURENBLAKEMEDIA@GMAIL.COM



I had the pleasure of working with the Grand Hyatt resort and spa in Kauai, Hawaii. I was able to capture aerial footage, interior and exterior footage of the resort as well as focusing on the aesthetics, dining and amenities that they provided.



During my stay I also promoted the resort on all my social channels posting stories and in feed post. Highlighting the resort features, dining and spa experiences.



HOTELS/RESORTS/TRAVEL

EXAMPLES



LA CASA DEL CAMINO

Laguna Beach, CA

- photography content provided of hotel and restaurants.
-



WHITEPOD HOTEL

Switzerland /Europe

- photography content provided of hotel & surroundings
-

featured videos

all videos shot and edited by me.

more videos available on my channel



**Lauren Holsen - Videographer,
Photographer & Video Editor**

Media and Graphics | Owner of Frame of Mind
Clothing / Swell Pickleball

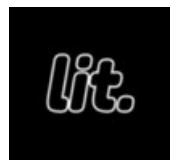


Big Brand Deal/PromoVideo Example



Grand Hyatt Kauai Resort and Spa

Hospitality Resort Video Example



Lit Mobile Promo | Open Box Edit

Product Video Example



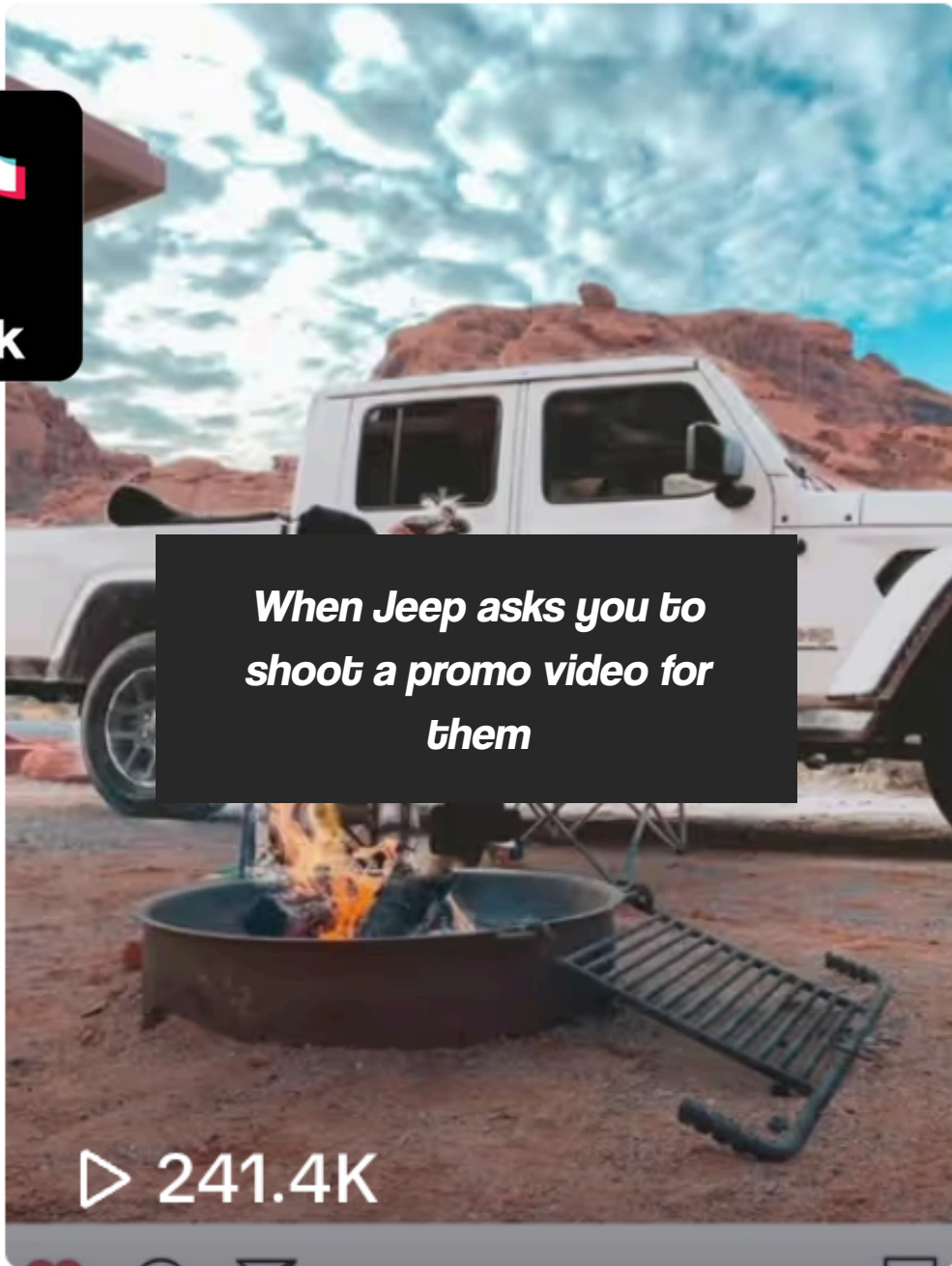
@laurenkolsen

**4.4Million
+ likes
top video
views
10+Million**



**250K+
followers**





*When Jeep asks you to
shoot a promo video for
them*

▶ 241.4K



lauren_holsen

Lauren Holsen- FrameOfMind Co · 2020-7-16

Follow

By far one of the coolest things we've ever been able to do
[#jeep](#) [#lgbt](#) [#fyp](#) [#pride](#) [#lifehack](#) [#BearWeek](#) [#NicerToMe](#)

🎵 Moon (And It Went Like) - Kid Francescoli & Julia Minkin



59.7K



228



1364





I was given a Jeep Gladiator for 1 week and asked to create content- video and photos. As well as share my experience with the Jeep on my platform. I shot a short video promo for them which was used on their social channels. Below are some still shots from the video promo.

*created social
content for jeep
thats they
actually used*



featured videos

all videos shot and edited by me.
more videos available on my channel



Lief Coffee Promo | Lief Brand

Company Video Promo



#MyFreeStyleWatch | San Diego, CA | Freestyl...

Company Video Promo



University of Michigan Alumni Tailgate - 2018 ...

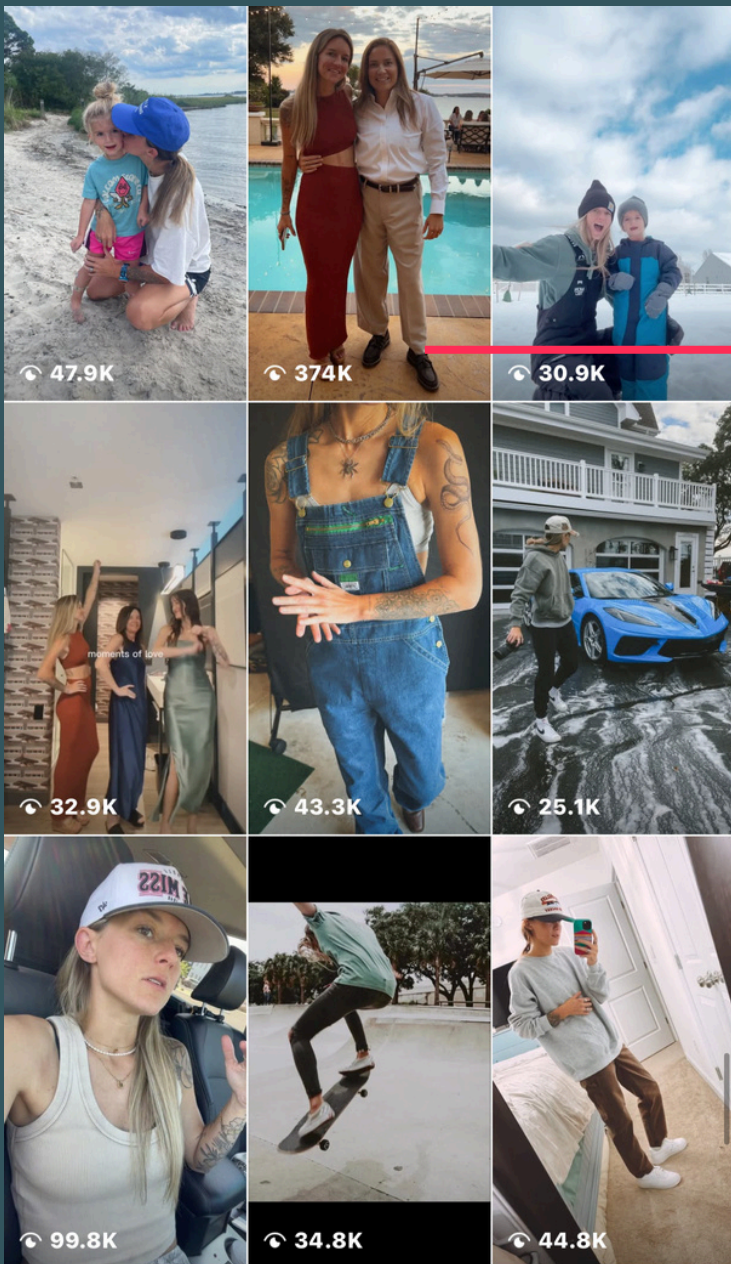
NCAA / Orange Bowl

*i have been creating content for
FREESTLYE since 2015*



Freestyle





7:21

Reel insights

Overview ⓘ

Views	374,117
Instagram	130,065
Facebook	244,052
Watch time	6d 2h 26m 3s
Interactions	1,343
Profile activity	17



Views ⓘ



130,065
Views

29.9%
Followers

70.1%
Non-followers

Post insights





8.6K

42

--

389

14K


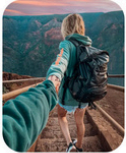
33



--



772

Post insights

Post insights







8.3K

151

--

505

7.9K

35

--

392

10K

54

--

354

Post insights



@FRAMEOFMINDCLOTHING





BRANDS I'VE WORKED WITH

LAURENBLAKEMEDIA@GMAIL.COM

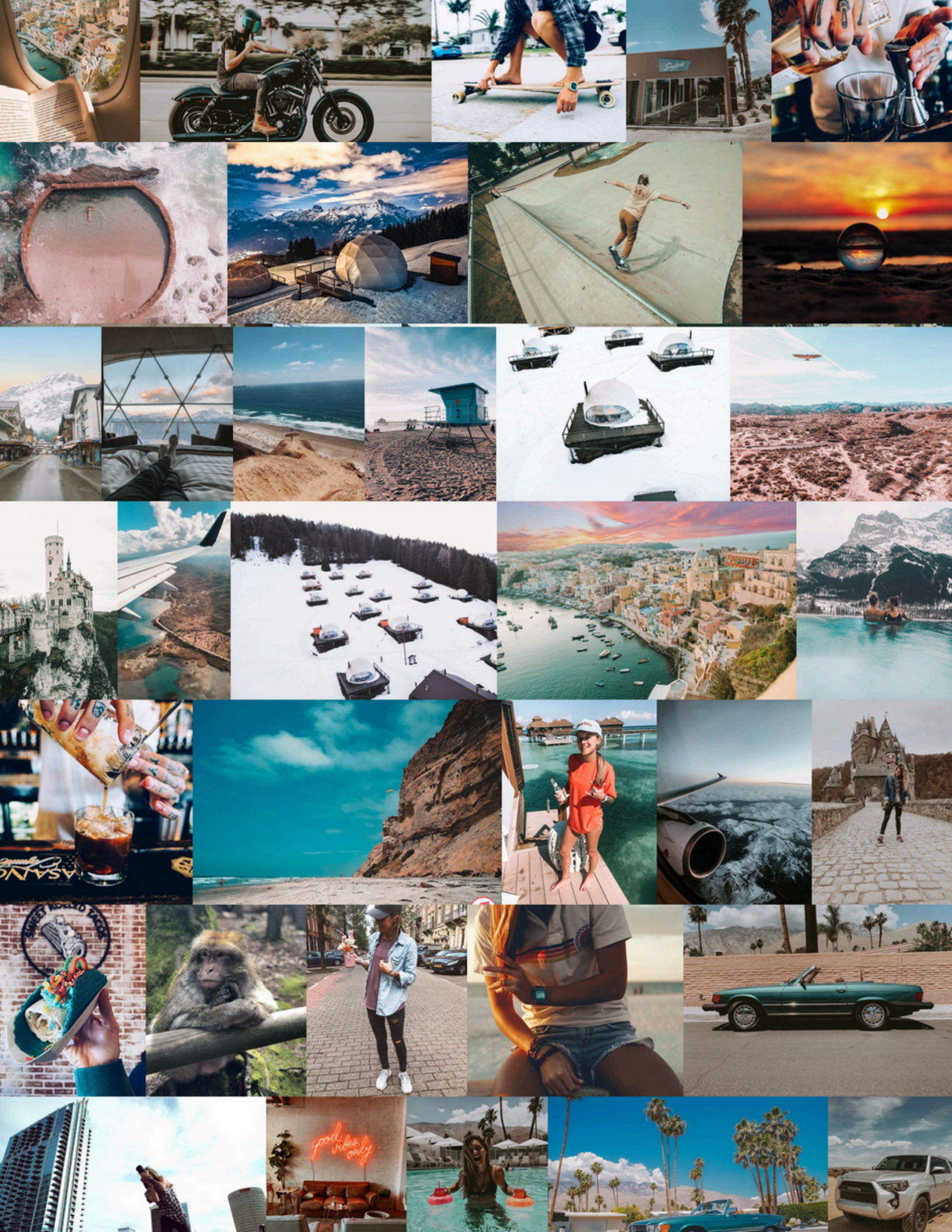


Recent Top Partnerships



*official brand
ambassadors*







Lauren Holsen



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