

REBECCA PERRY ★
SOCIAL MEDIA & CONTENT INTRO
www.followthestars.com



A Bit About Me...



Rebecca Perry

Social Media • Photography • Content Design • Digital Marketing

My Story ★

Hi! I'm Rebecca, a NYC-based social media and digital marketing guru, photographer, content creator, and dreamer with a vivid imagination and mind packed full of creative visions. I'm an optimist, soul-searcher, spiritual, music-loving believer in the universe and in the power of positive thinking/manifestation. I love to travel, create, inspire others, and integrate healthy lifestyle habits into my daily life. ☆



Check out who I've worked with...

Travel, Hospitality and Wellness



Music and Celebrities



Social Media Management

Creative Marketing Solutions for Your Business or Individual Brand

FOR ENTERTAINMENT, HEALTH + WELLNESS, AND TRAVEL + HOSPITALITY CLIENTS

FACEBOOK, TWITTER, INSTAGRAM, SNAPCHAT, TIKTOK, LINKEDIN ... SO MANY OPTIONS!

IF YOU'RE NEW TO SOCIAL MEDIA, IT CAN BE OVERWHELMING. I GET THAT! I WILL HELP SIMPLIFY IT FOR YOU.

Social media is one of those things a lot of people don't understand the true value of. Potential customers use social media as a research tool, before making their purchasing decision. It's imperative to have a branded profile that showcases what you do and who you are in the best possible way, to convert these visitors into future customers.

Think of it as... this is your chance to shine! You are in total control over what gets shared, you are in total control of the messaging, you are in total control of your brand image.

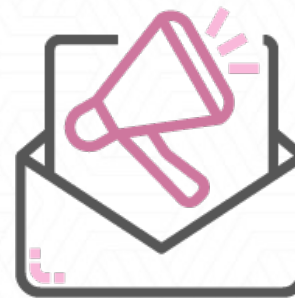
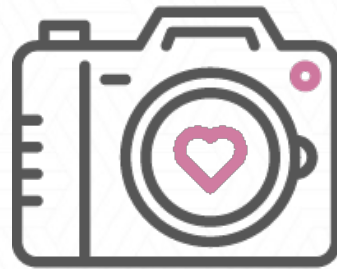
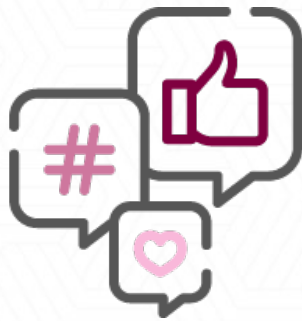
So why not get creative and have fun with it?

Whether you're a business needing to start from the ground up, an individual that wants to "clean up" their feed and make it look more professional, or somewhere in the middle, I can help you!





Ready for me to take your marketing and brand image to the next level?



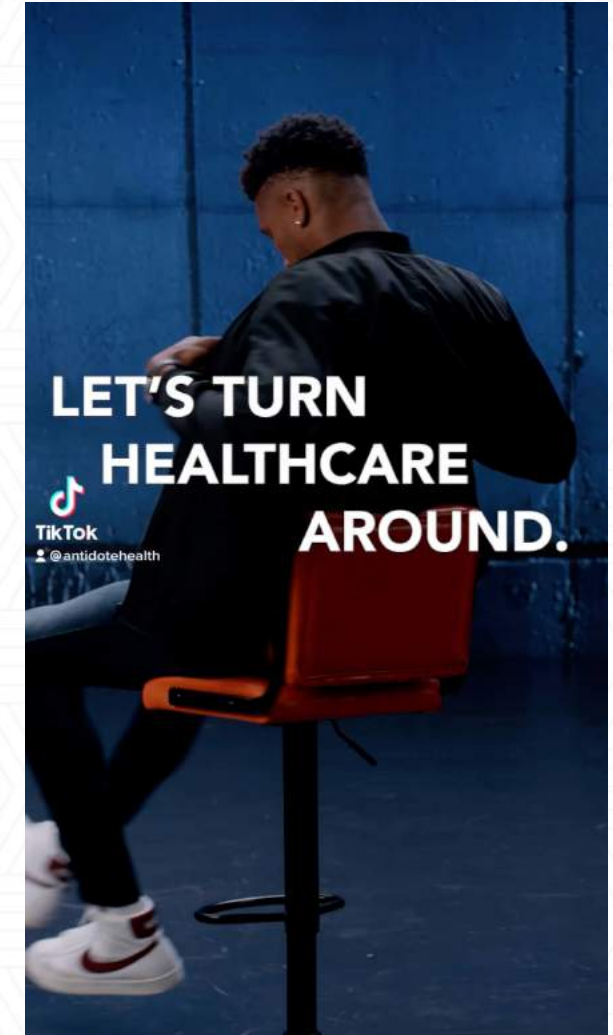
Creative Samples

**Please note that these are just a few creative samples so you can get a sense of my capabilities.*



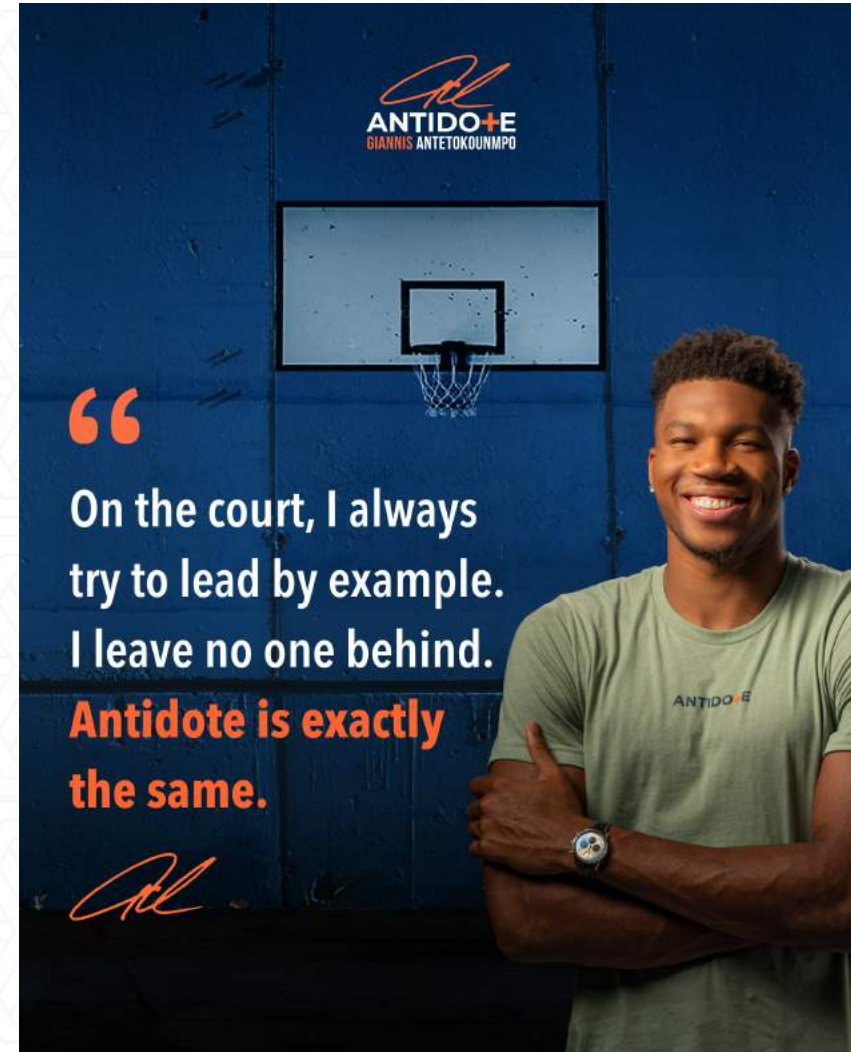
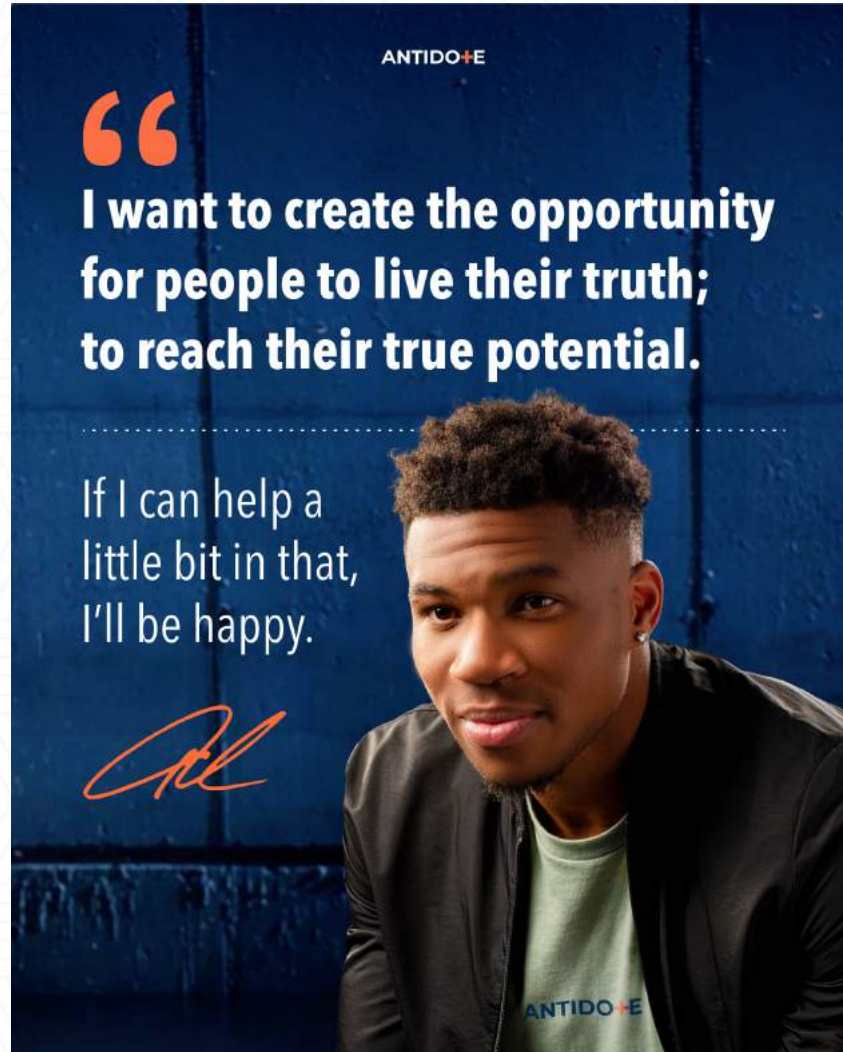
Antidote Health x Giannis Antetokounmpo Collaboration

Instagram Reels + TikTok



Antidote Health x Giannis Antetokounmpo Collaboration

Graphics



*Please note: The above graphics were outsourced to a professional visual designer; I oversaw the creative direction.

Health + Wellness Organic Content

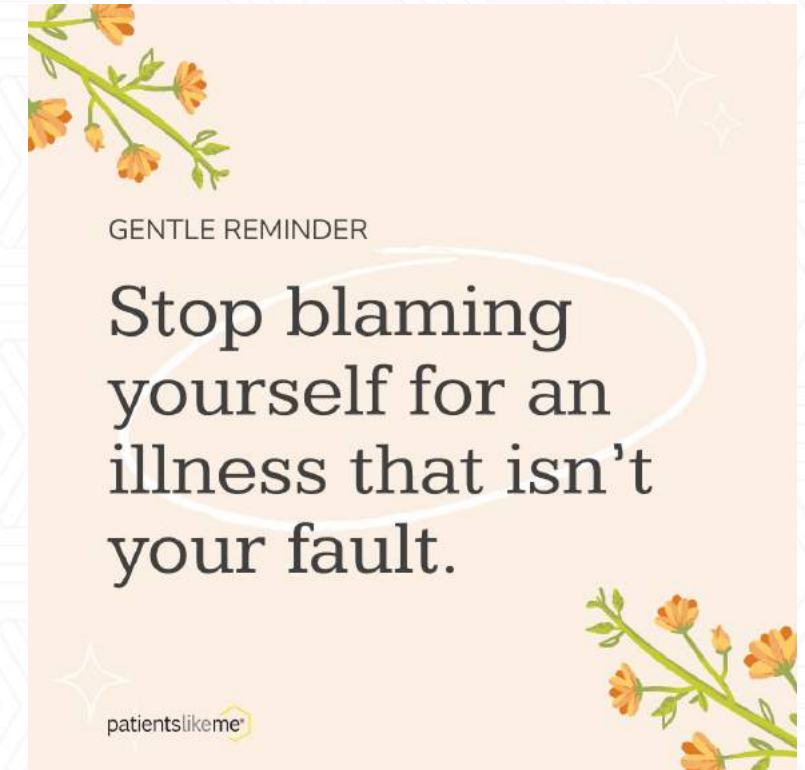
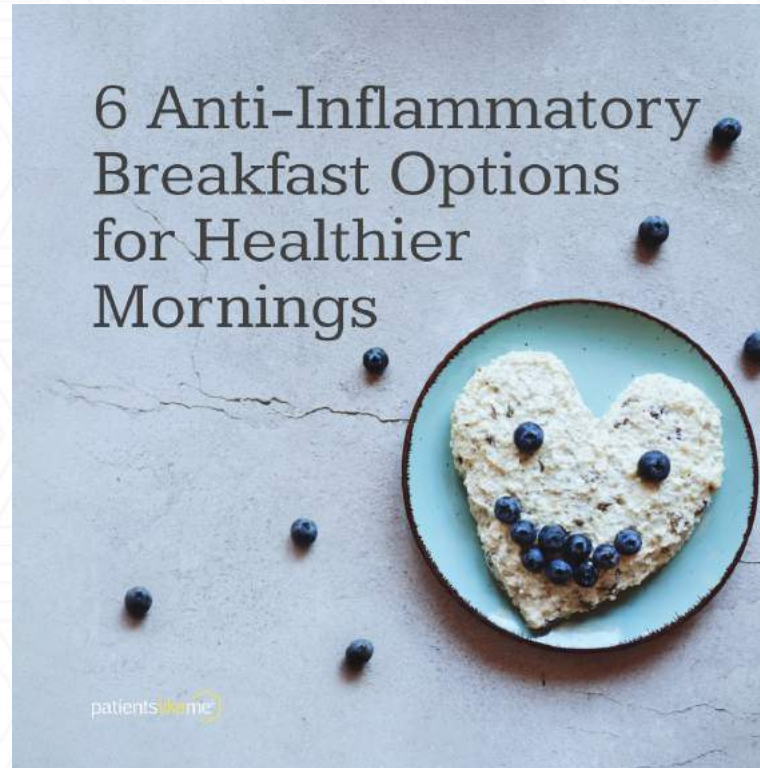
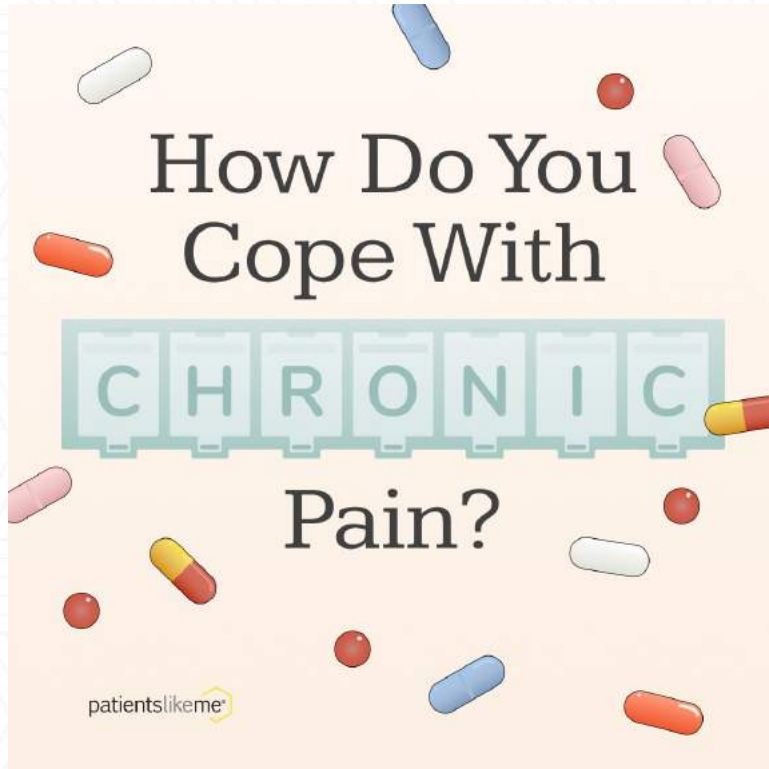
Graphics



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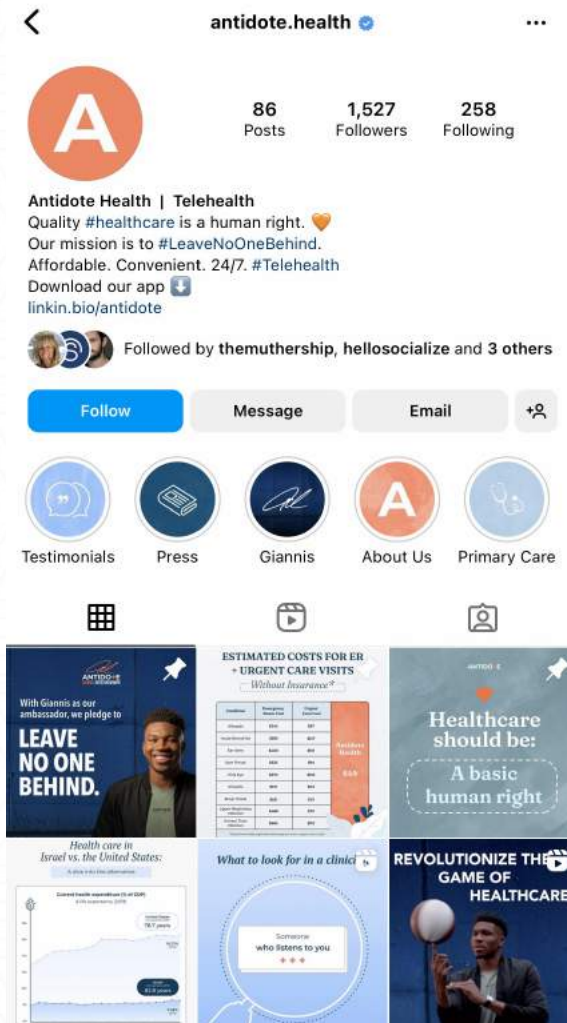
Health + Wellness Organic Content

Graphics



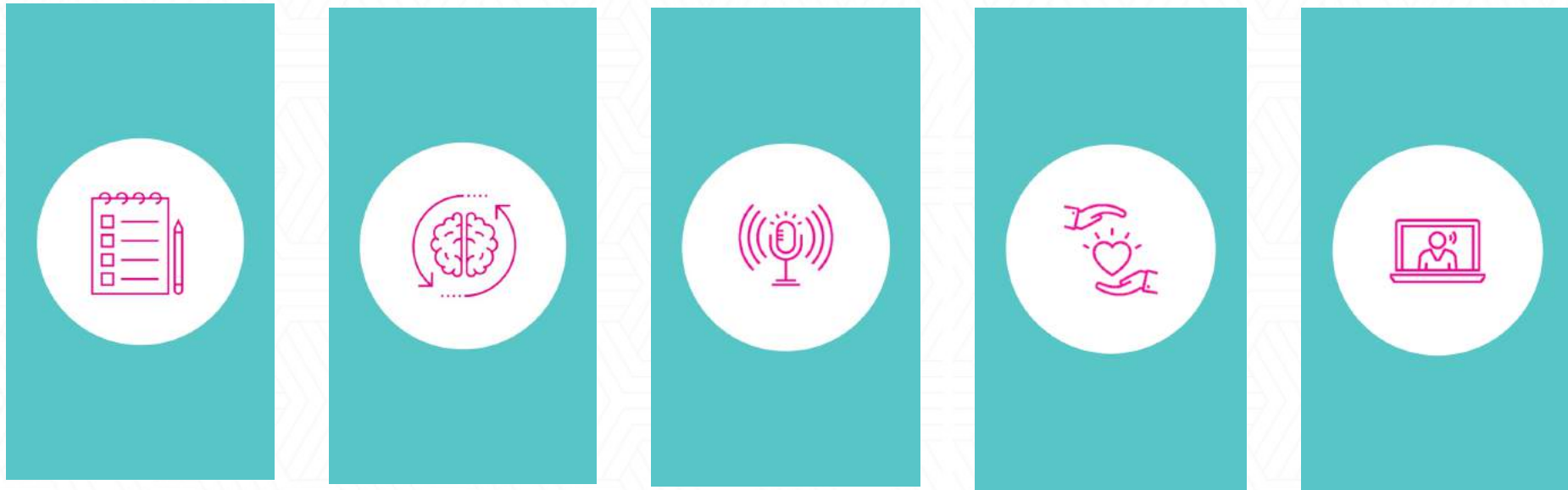
**Please note: The first graphic was outsourced to a professional visual designer; I oversaw the creative direction.*

Branded Instagram Highlights



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Branded Instagram Highlights



Press



About Me



Podcast

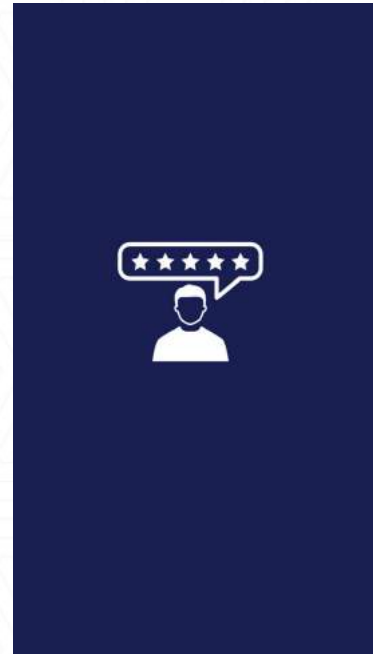


The Clutch



Coaching

Branded Instagram Highlights



Rates



Workouts



Testimonials



Fitness Tips



Nutrition

Instagram Stories (1080 x 1920 px)

UNF*CK
Your Brain

LIVE Q&A
WITH KARA

Keeping
yourself
together
during the
time of
COVID-19

AN INSTAGRAM SERIES

I WILL BE ANSWERING YOUR
QUESTIONS LIVE!

PLUS DISCUSSING HOW TO OVERCOME
FEAR, ANXIETY, AND PANIC.

Every Monday
7PM - 8PM ET

For new weekly podcasts, visit:
www.unfuckyourbrain.com

{THE CLUTCH}

JOIN OUR ONLINE FEMINIST
COACHING COMMUNITY

swipe up

*Video, click play for animation

UNF*CK
Your Brain

With Kara Loewentheil, Master Certified Coach

THIS WEEK'S
PODCAST IS
NOW AVAILABLE

Swipe up to listen!



UNF*CK
Your Brain

UNF*CK
Your Brain

KARA LOEWENTHEIL

UnF*ck Your Brain

Kara Loewentheil

- 1) This Is Your Life (Turn Panic Into Peace Series #10) April 13, 2020
- 2) Live Coaching: Relationships, Productivity & Health Anxiety During a Pandemic (Turn Pan... April 11, 2020
- 3) UFYB 126: Boredom April 9, 2020
- 4) Health Anxiety, Hyper-Vigilance, & Yer-And Thoughts (Turn Panic Into Peace Series #8) April 8, 2020
- 5) Money Mindset & Financial Anxiety (Turn Panic Into Peace Series #7) April 6, 2020
- 6) Brain Habits & How to Change Them (Turn Panic Into Peace Series #6) April 4, 2020
- 7) UFYB 127: How to Know What You Want April 2, 2020
- 8) Creating Productivity + Connection (Turn Panic Into Peace Series #5) April 1, 2020
- 9) Why Mental Health Matters Most (Turn Panic Into Peace Series #4) March 30, 2020

DID YOU KNOW YOU CAN CATCH
US ON SPOTIFY?

(AND THERE'S PLENTY OF EPISODES TO CHOOSE FROM)

So let's UnF*ck some shit together, shall we?

SWIPE UP TO LISTEN

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Instagram Stories (1080 x 1920 px)

HERE'S
WHAT
CLIENTS
ARE
SAYING...

"Outside of his ability to bring out the results, Thaddeus is the man.

Walking around the gym feels safe and secure, sort of like walking around the prison yard with the biggest man in lockup."

-Kayvon M.



©TRAINWITHTHADDEUS

"In the few months we've worked together, I've made more progress than the entire year I was exercising regularly. He listens to you and helps you put together a plan that is realistic and works for your lifestyle. I know that the work we've put in together and the lessons learned (about everything from clean eating to fitness) will stay with me for years to come."

-Kayla W.



©TRAINWITHTHADDEUS

THANK
YOU
FOR
THE
REVIEWS!

©TRAINWITHTHADDEUS

Additional Creative


 AZZY JULY JUNKET IS ON!




TONIGHT 🎷 5PM – 8PM 🎷 THE MIXING ROOM



Jazz it up! Enjoy live music & cocktails while you relax in our lobby!



PERFORMANCE BY:
MELISSA HAMILTON



A photograph of three women in formal, sequined dresses. They are smiling and holding champagne flutes and a bottle of champagne. The background is a dark, textured wall.

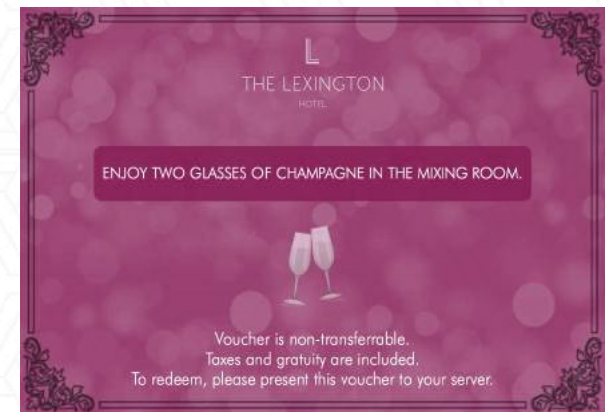
SNAP AWAY. 

Gather up your squad and share the perfect Instagram-worthy shot!

 THE LEXINGTON HOTEL  @thelexingtonhotel #thelexingtonhotel

 NOMI BEAUTY  @nomibeauty #womengoingplaces

 FEMARGENT  @femargent #femargent



Additional Creative

HOTEL OVERVIEW



ROOMS & SUITES:

- 695 newly-renovated guest rooms
- 30 suites
- High-speed Internet
- In-room safe
- Marble bathroom
- Sealy® Encore ultra-plush bed
- iHome docking station
- 42" flat screen TV with personal streaming (Netflix, Pandora, Hulu Plus, YouTube + more)

PUBLIC SPACE & BUSINESS NEEDS:

- Vibrant, spacious lobby inspired by the Jazz Age
- Complimentary 24/7 Fitness Center
- Lively lobby cocktail lounge, The Mixing Room
- Starbucks coffee shop located in lobby
- Fully-equipped 24/7 Business Center
- Five modern meeting rooms located on the Mezzanine level with over 3,100 square feet



ELITE LOUNGE:

Complimentary breakfast is available for all of our Gold & Platinum Marriott Members.

Monday – Friday: 6:30am – 9:30am
Saturday & Sunday: 7am – 10am

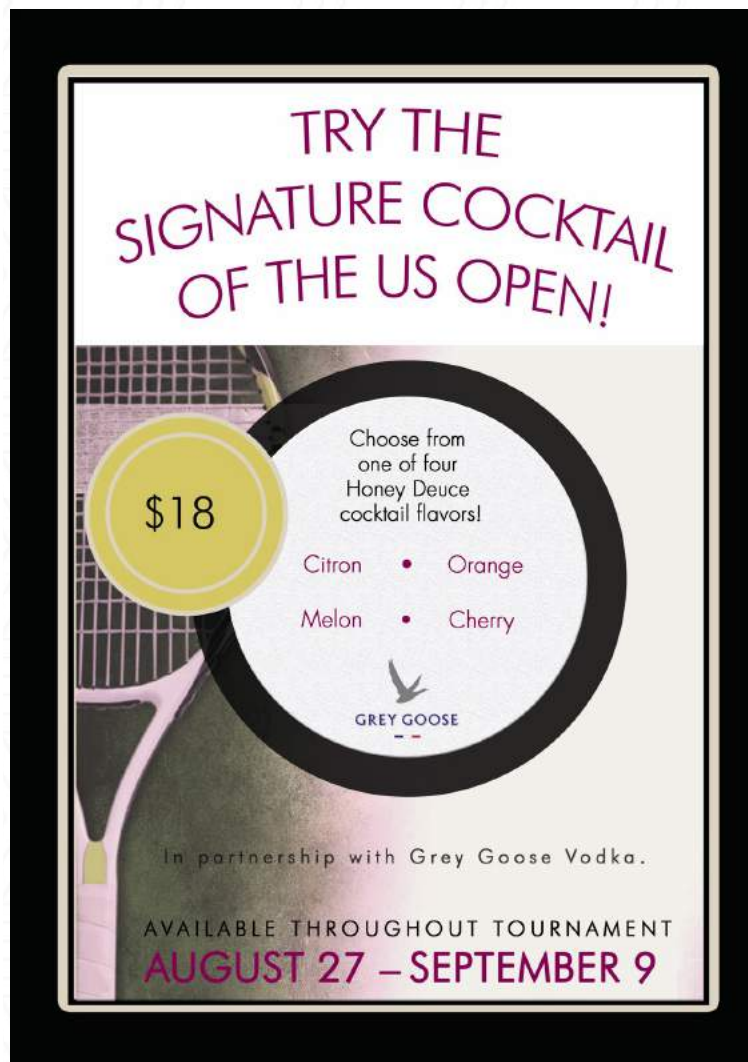
ELITE RECEPTION:

Gold & Platinum Marriott Members are invited to join us for light fare and wine in The Mixing Room.

Monday – Thursday: 5:30pm – 6:30pm


THE LEXINGTON
HOTEL

AUTOGRAPH
COLLECTION®
HOTELS



TRY THE
SIGNATURE COCKTAIL
OF THE US OPEN!

Choose from
one of four
Honey Deuce
cocktail flavors!

Citron • Orange
Melon • Cherry

GREY GOOSE

In partnership with Grey Goose Vodka.

AVAILABLE THROUGHOUT TOURNAMENT
AUGUST 27 – SEPTEMBER 9

WE CAN ACCOMMODATE YOUR SMALL MEETING IN STYLE!

In need of meeting space? Take advantage of our 391 sq. ft. Empire Boardroom, which can accommodate up to 12 people.

Amenities:

- Hilton Garden Inn welcome treats
- Polycom
- All day water service
- 75 inch Samsung Smart TV screen with HDMI cabling
- One flip chart or equivalent with markers
- Complimentary wireless internet
- Designated event greeter
- Notepads and pens
- 10,000 Hilton Honors Points for the event planner

Catered food and beverage also available (for separate fee).

Book your meeting by calling 212-204-7244 or by emailing Ashley.Calderon@Hilton.com.

 **Hilton**
Garden Inn®
New York/Times Square Central

Additional Creative



"The nicest thing for me is sleep, then at least I can dream."

- Marilyn Monroe (Resident at The Lexington Hotel from 1957 – 1962)

AUTOGRAPH
COLLECTION[®]
HOTELS

The Lexington Hotel, Autograph Collection invites you to redeem this certificate for a signature New York City experience in the heart of midtown.

Name

Description of award

Issued by

Date

Gift certificate number

Expiration date

To redeem, please call 212-204-2318

Please note that blackout dates may apply. Redemption is based upon hotel availability at time of redemption. Unused portion not redeemable for cash or future credit. Expiration date is final.



YOU'RE INVITED!

Please join us in kicking off NYFW with our first-ever fashion influencer exclusive social hour.

Drinks, live jazz, and complimentary hair and makeup touch-ups, offered by NOMI Beauty, will be provided.

When:
Wed, September 5th
7pm – 9pm

Where:
The Mixing Room at
The Lexington Hotel
511 Lexington Avenue
(at 48th Street)

RSVP to:
LexingtonNYC@MagrinoPR.com

This invitation is non-transferrable and admits the recipient + one guest.



Additional Creative



CELEBRATE PRIDE WITH US THIS WEEKEND!

Thursday to Sunday, 4pm – midnight

We've teamed up with Smirnoff Vodka and are offering four limited-time-only colorful cocktails in support of Pride.

Choose From:
 Electric Lemonade • Vodka Lemonade
 Green Apple Martini • Cosmopolitan

For every Smirnoff Pride drink purchased, we will be donating \$1 to the Human Rights Campaign.

#LoveWins 



IT'S RESTAURANT WEEK!

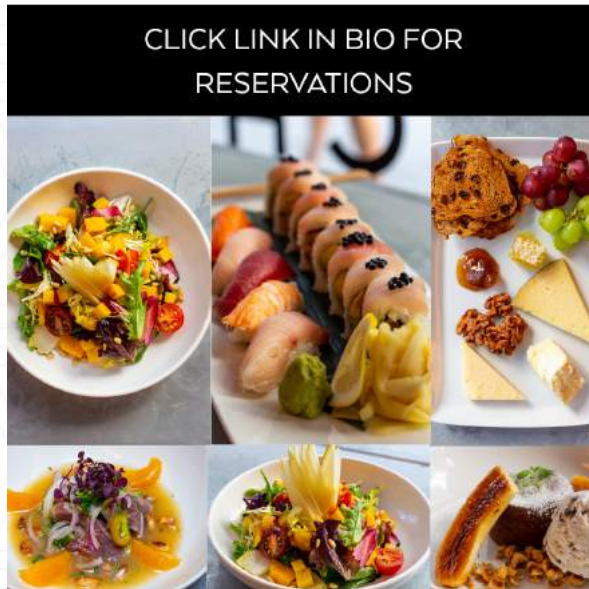
July 22nd - August 16th

We hope you're as excited as we are!

Join us at Kingside for special #NYCRestaurantWeek menu offerings.

Lunch: \$26/person 124 West 57th Street
 Dinner: \$42/person (between 6th + 7th)

Visit Kingside-Restaurant.com for full menu



CLICK LINK IN BIO FOR RESERVATIONS


CELEBRATE WITH US AS WE WELCOME THE FAMOUS HAWAIIAN ROOM DANCERS BACK TO THE LEXINGTON

TONIGHT ONLY:

Sip on cocktails from The Hawaiian Room's original menu while enjoying a live hula performance in the lobby!

Choose From:

Hawaiian Cocktail | For the bold and brave
 Dash Lemon Juice, Brandy, Pineapple Triple Sec



Honolulu Cocktail | Drink of the Islands
 Light Rum, Pineapple Juice, Lime Juice, Dash Triple Sec

\$18

GAME, SET, MATCH!

Join us for our first-ever table tennis tournament, in spirit of the US Open!

In partnership with Grey Goose, come sip on some Honey Deuce cocktails and play for your chance to win one of two great prizes!

TOURNAMENT DETAILS:

When: Tuesday, August 27th

Time: Sign-ups begin at 5pm, Tournament begins at 6pm*

Location: Mr. Purple, 180 Orchard Street, 15th Floor

*First-come, first-served, so make sure to get there early to secure your spot!

1st Place: A pair of tickets to the US Open!

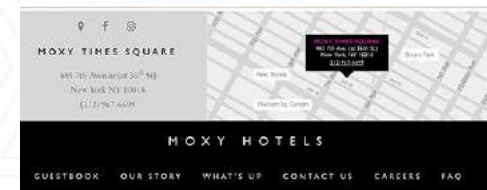
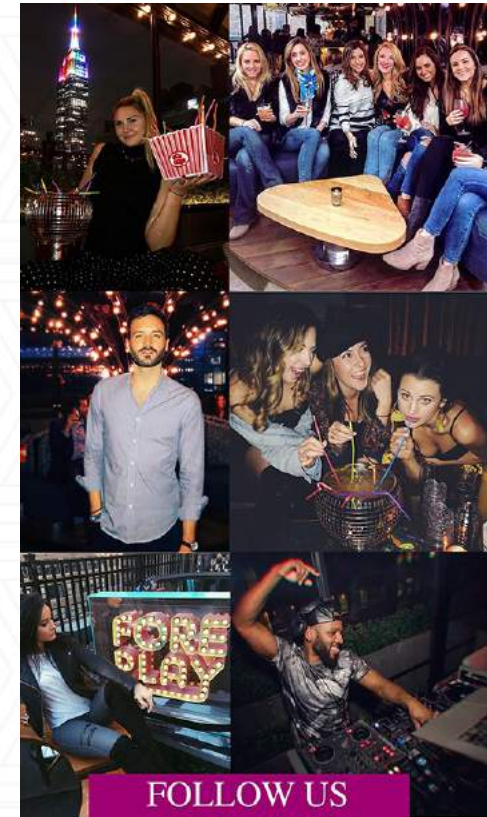
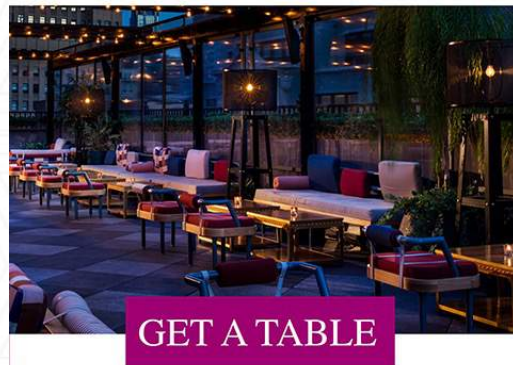
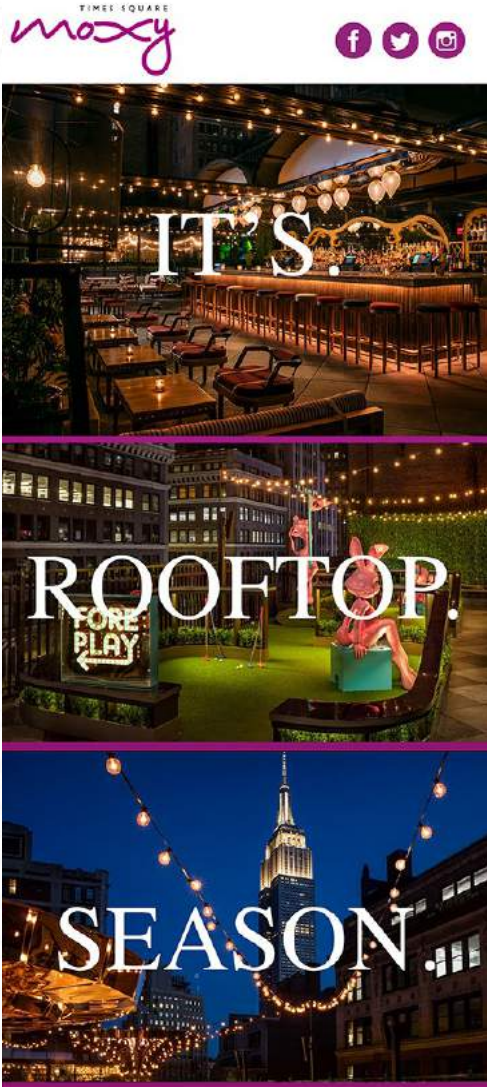
2nd Place: Future bar tab valued at \$100

GOOD LUCK! SEE YOU THERE!



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Additional Creative



Photography Samples

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Music Photography

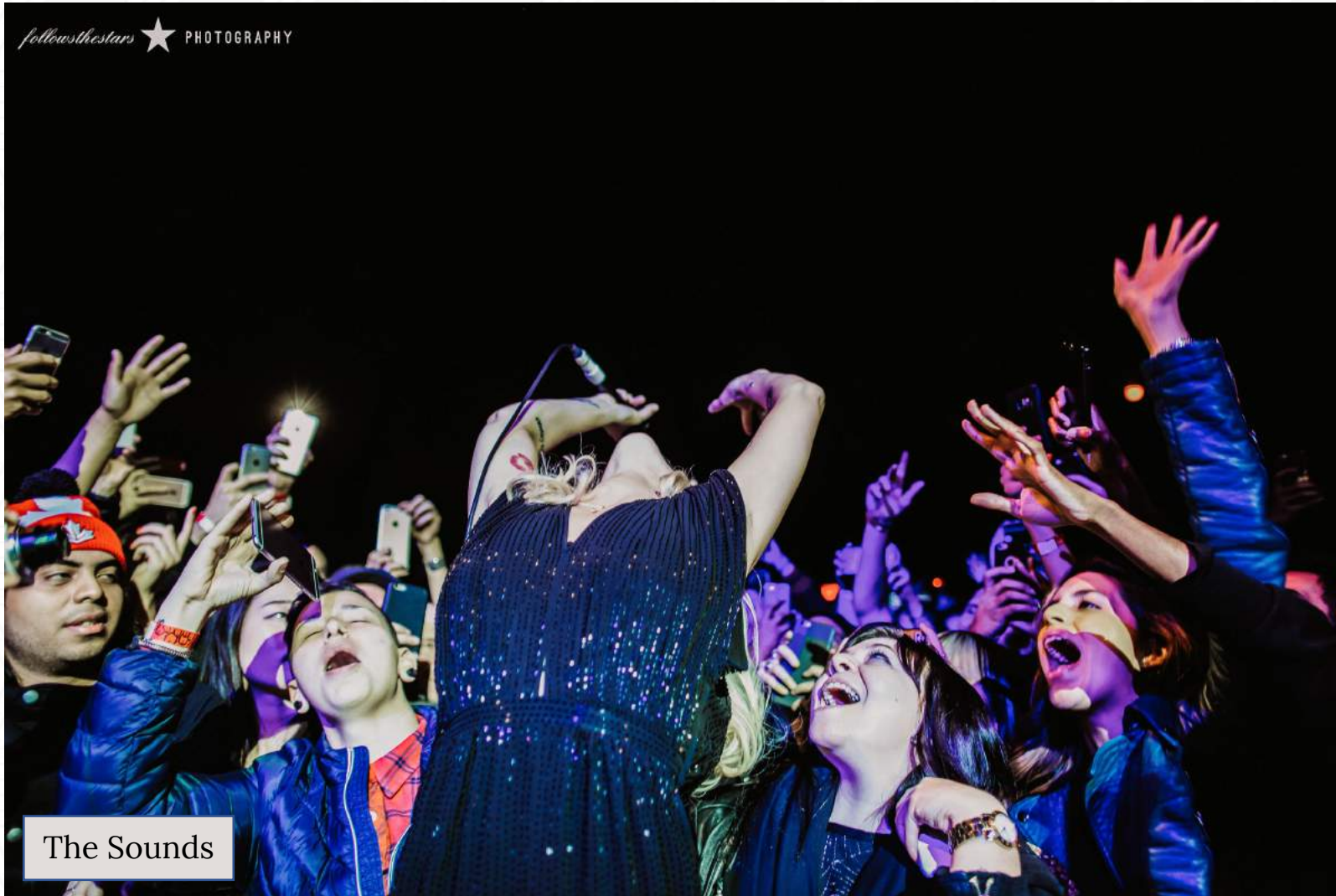


The Sounds



Lucky Chops

Music Photography



Music Photography



Metric



followthestars ★ PHOTOGRAPHY

The Griswolds

Portrait Photography



Danielle Savre (Actress)

Portrait Photography



Aislynn Perkins (Model)

Portrait Photography



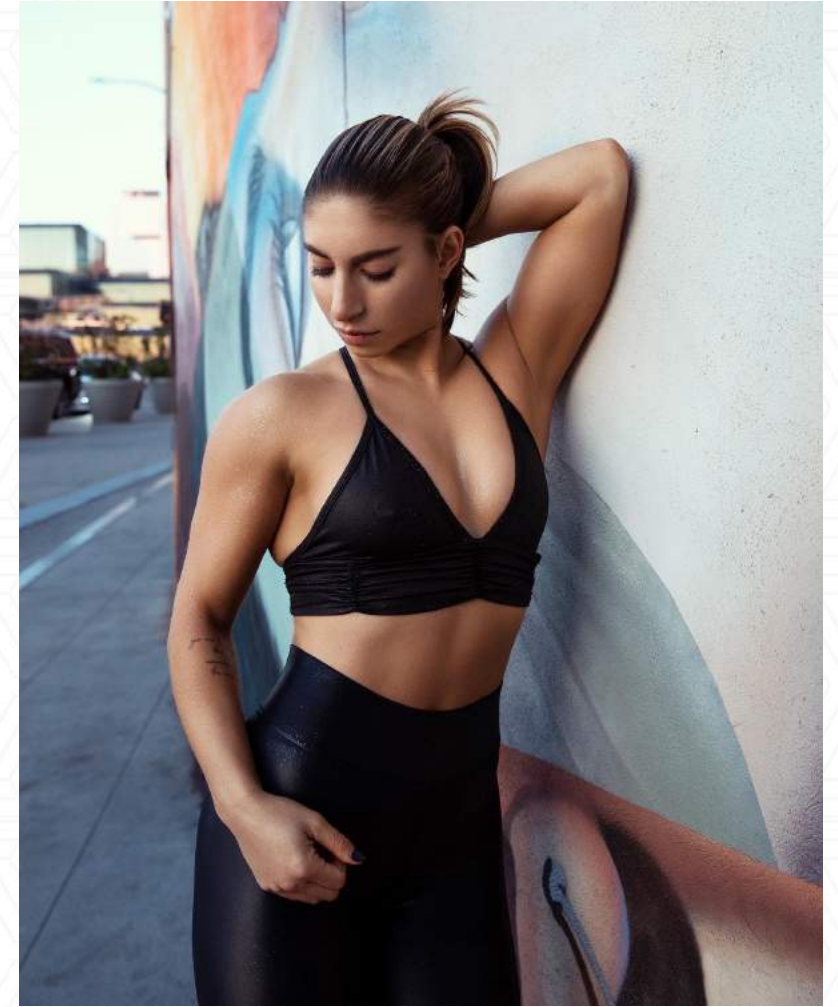
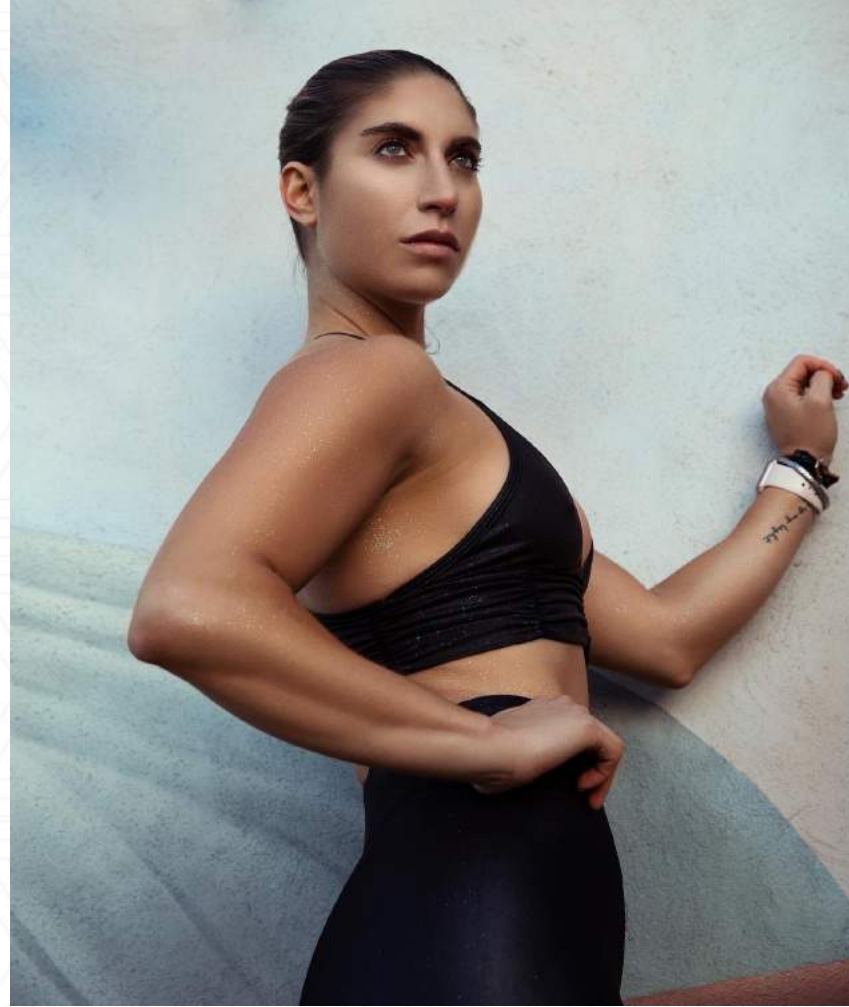
Kelsey Cook (Comedian)

Portrait Photography



Jessimae Peluso (Comedian)

Portrait Photography



Leigh Weissman (Fitness Trainer + Model)

Brand Photography

TWA Hotel at JFK Airport (Connie Bar)



Brand Photography



TWA Hotel at JFK Airport



Casamigos Promotion

Brand Photography



Connie at TWA Hotel at (JFK Airport)



The Lexington Hotel Bar

Brand Photography



The Norma Jeane Suite at The Lexington Hotel



Flower Details - The Norma Jeane Suite

Brand Photography



Rooftop Cinema Club at YOTEL New York



Hampton Water Promotion

Thank you!



THANK YOU!

Please let me know if you have any questions at all. ★

Rebecca Perry

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Cell: 315-657-5584

Web: <https://www.followthestars.com>

LinkedIn: <https://www.linkedin.com/in/rebeccaperry>

Click [here](#) to view my professional resume.

