



# TRISH LAM

health | lifestyle | college  
young professionals

@MILDTRISH

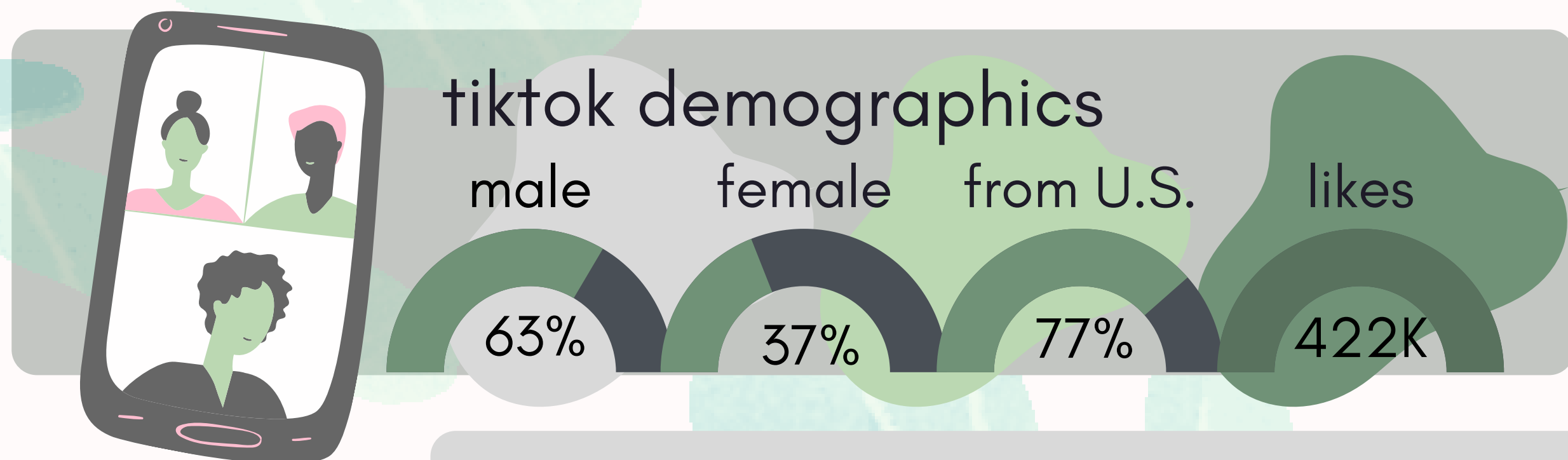
20.7K

TikTok Followers

@TRISHSHSH

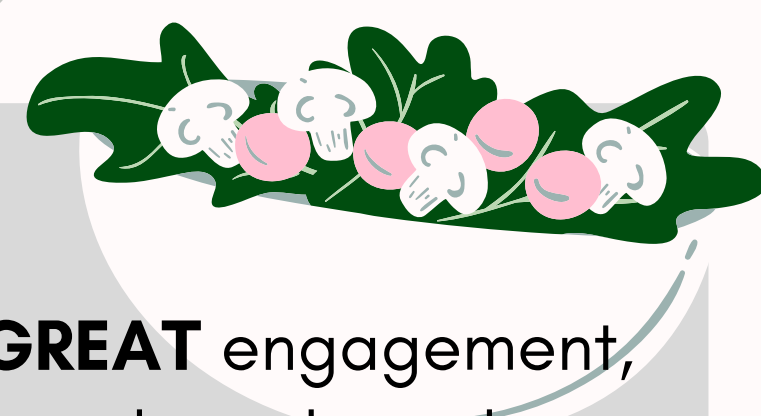
5.6k

Instagram Followers

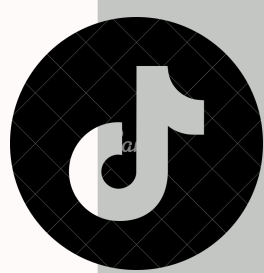


## about & known for

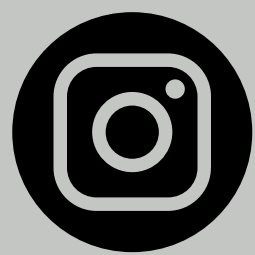
trish is an **authentic** & **relatable** college graduate with **GREAT** engagement, **inspiring** others with her **gym** progress & vlogs, relating to others through **thoughts** & **day-in-the-life**'s, and lastly, providing value to her audience through **sharing** her **favorite recipes/brands** to get to **optimal health!**



## services



- 1 TikTok Post \$400
- 3 TikTok Posts \$1000
- 5 TikTok Posts \$1500
- 1 TikTok Story \$30



- 1 Instagram Post \$300
- 1 Instagram Reel \$100
- 3 Instagram Reels \$250
- 1 Instagram Story \$50

Per Month Usage Rights: \$50  
 \_\_\_\_\_  
 UGC Creation or Gifted Collabs: Open to Discussion

## past collaborations



Bloom Greens

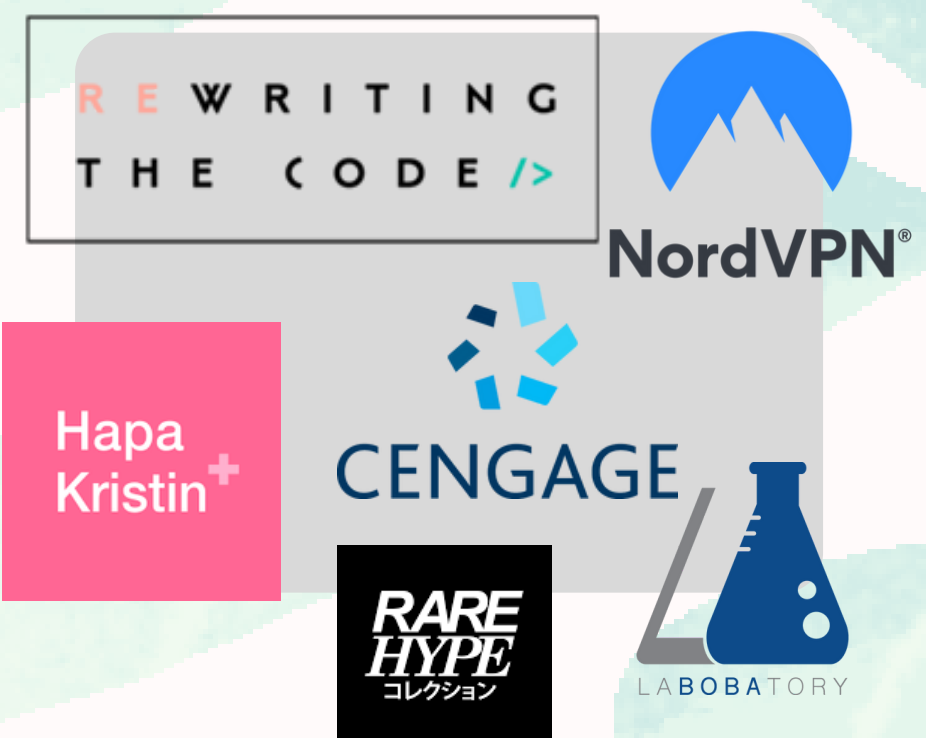


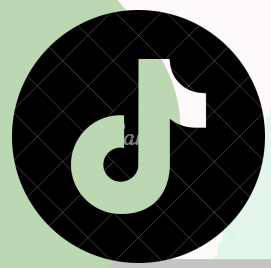
Tastea Boba



Javy Coffee

## other collabs





tiktok

1ST POST INSIGHTS

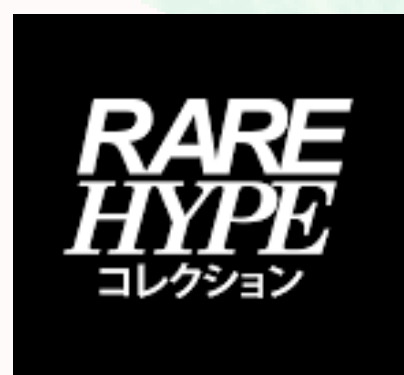
11.2K VIEWS  
807 hearts  
9 comments  
29 shares  
6 reposts

2ND POST INSIGHTS

10.7K VIEWS  
562 hearts  
14 comments  
34 shares  
12 reposts



# EXAMPLE WORK



instagram

1ST POST INSIGHTS

1,635 LIKES  
134 comments  
46 shares

1ST POST INSIGHTS

1,849 LIKES  
220 comments  
119 shares

non-sponsored **high performing** posts | to show the **diversity** of my **content**: tips & tricks, recipes, product reviews & vlogs

878.9K

VIEWS

105.0K hearts  
793 comments  
14.4K shares  
2217 reposts



318.4K

VIEWS

41.1K hearts  
205 comments  
11.3K shares  
785 reposts



76.6K

VIEWS

7065 hearts  
70 comments  
247 shares  
121 reposts



36.5K

VIEWS

2563 hearts  
40 comments  
187 shares  
26 reposts

