

TAMA Virtual Services

SOCIAL MEDIA CONTENT PLAN



Prepared by:
Trisha Angela M. Aldecoa

Facebook



Date and Time



Content



Status

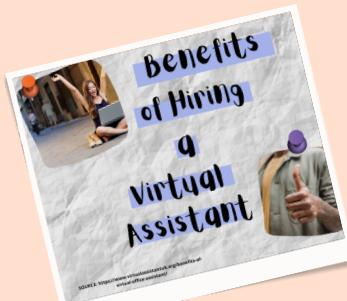
August 2, 2021
10:00 am

Type of Content: Photo (with text)
Title of Content: What is a Virtual Assistant?



Scheduled

August 3, 2021
10:00 am



#virtualpersonalassistant
#virtualassistant

Type of Content: Article with link
Title of Content: Why hire a Virtual Assistant?
Benefits of Hiring a VA
Link: <https://bit.ly/3h2lIf>

Scheduled

August 4, 2021
10:00 am

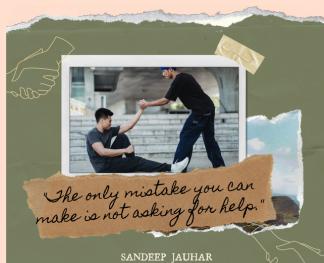
#virtualpersonalassistantservices
#hireavirtualassistant



#virtualpersonalassistantservices
#bestvirtualassistantservices
#virtualassistantsupport

Scheduled

August 5, 2021
10:00 am



#NeedHelp
#bestfreeservices
#virtualassistant
#virtualassistantsupport

Type of Content: Photo with Quotes
Title of Content: Ask for help
QUOTE: "The Only mistake you can make is not asking for help" - Sandeep Jauhar

Scheduled

August 6, 2021
10:00 am

Type of Content: Photo with text
Title of Content: Do you Know?
Trivia/ Fact about Virtual Assistants
TEXT : They're masters of different skills
photo from: minutes.co
source: e-virtualassistants.com



#virtualassistant
#filipinovirtualassistant
#bestvirtualassistantservices
#Virtualassistantskills

Scheduled

Facebook



Date and Time



Content



Status

August 7, 2021
10:00 am

Type of Content: Youtube Video Link
Title of Content: 5 Reasons Why You should hire a Virtual Assistant
Link:
<https://www.youtube.com/watch?v=xz5MUUjSvqc>



Scheduled

#hireavirtualassistant
#virtualassistant
#filipinovirtualassistant

August 8, 2021
10:00 am



#productive
#workfromhome
#virtualassistant
#bestvirtualassistant
#helpfultips

Type of Content: Article with Link
Title of Content: How to stay productive when working from home.
Link: <https://bit.ly/3y90DMn>

Scheduled

Instagram



Date and Time



Content



Status

August 2, 2021
10:00 am

Type of Content : Tiktok Video from FVA Tiktok acct
Title of Content: What is A
Virtual Assistant
Link: <https://vt.tiktok.com/ZSJ4SM1M8/>



Scheduled

August 3, 2021
10:00 am



Type of Content: Photos with text
Title of Content: Equipments VAs
must have

Scheduled

August 4, 2021
10:00 am

Type of Content: MEME
SOURCE: <https://www.digitalmomblog.com/work-from-home-memes/>
Title of Content: Why I love working from home



Scheduled

August 5, 2021
10:00 am



#workfromhome
#workingfromoffice
#virtualassistant
#bestvirtualassistant

Type of Content: IG story poll
Title of Content: Working from
Home Vs. Working from Office

Scheduled

August 6, 2021
10:00 am

Type of Content: Quotes about asking for help
Title of Content: It's okay to ask for help.
"Be brave enough to ask for help when you need it.
There is no merit badge for doing
all the hard things alone."
photo of Maggie Smith from: <https://subsaga.com/>



#help
#virtualassistantservices
#virtualassistant

Scheduled

Instagram



Date and Time



Content



Status

August 7, 2021
10:00 am

Type of Content: Photo With Text (question)
Title of Content: What does your workspace look like?



#workfromhomelife
#workfromhomesetup
#virtualassistant
#filipinovirtualassistant

Scheduled

August 8, 2021
10:00 am



#hiringavirtualassistant
#helpfultips
#filipinofreelancer

Type of Content: Article with Link
Title of Content: Main qualities to look for in a Virtual Assistant
Link/ Source: <https://bit.ly/2Sx7sbk>

Scheduled

Twitter



Date and Time



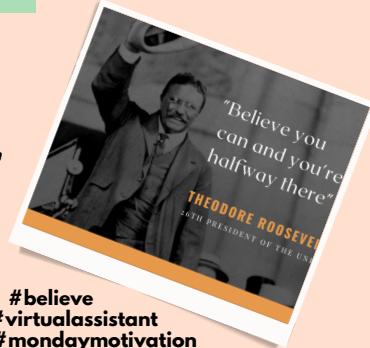
Content



Status

August 2, 2021
10:00 am

Type of Content : Photos With Quotes
Title of Content: Monday Motivation
"Believe you can and you're halfway there"
- Theodore Roosevelt
Photo: from the atlantic.com



#believe
#virtualassistant
#mondaymotivation

Scheduled

August 3, 2021
10:00 am



#hireavirtualassistant
#businessowners
#Virtualassistant

Type of Content: Article With Link
Title of Content: Why should Business Owners Hire Freelancers?
Source: Medium.com
Link:<https://bit.ly/3wX8vA8>

Scheduled

August 4, 2021
10:00 am

Type of Content: MEME
Title of Content: Sign that you need a VA
Photo and meme from pinterest



#hireavirtualassistant
#virtualassistantservices

Scheduled

August 5, 2021
10:00 am



#stayfocused
#helpfultips
#virtualassistant

Type of Content: Video with Link
Title of Content:
11 Ways to Avoid Distractions and Stay Focused
Link: <https://youtu.be/GKFAHCghcFw>

Scheduled

August 6, 2021
10:00 am

Type of Content: TIKTOK VIDEO
Title of Content: 5 Creative marketing Ideas for business owners
Link: <https://vt.tiktok.com/ZSJ44d3Ca/>



#helpfultips
#virtualassistant
#marketingideas

Scheduled

Twitter



Date and Time



Content



Status

August 7, 2021
10:00 am

Type of Content: GIF
Title of Content: Fun facts about VAs
"The most popular marketing method for a VA is referrals and word of mouth."
source: www.theumbrellatree.co.uk



Scheduled

#funfacts
#virtualassistantservices
#bestvirtualassistant
#filipinofreelancer

August 8, 2021
10:00 am



#motivation
#noexcuses

Type of Content: Photo with Text
Title of Content: No excuses
"I attribute my success to this: I never gave or took any excuse"
- Florence Nightingale

Scheduled

LinkedIn



Date and Time



Content



Status

August 2, 2021
10:00 am

Type of Content: Article with Link
Title of Content: Tips for Hiring a
Virtual Assistant
Link: <https://bit.ly/3A3refc>



#helpfultips
#virtualassistant
#hireavirtualassistant

Scheduled

August 3, 2021
10:00 am



#filipinovirtualassistant
#virtualassistant

Type of Content: Video with Link
Title of Content: Why Filipino
VAs are the best.
Link: <https://www.youtube.com/watch?v=SrLw0XQApDQ>

Scheduled

August 4, 2021
10:00 am

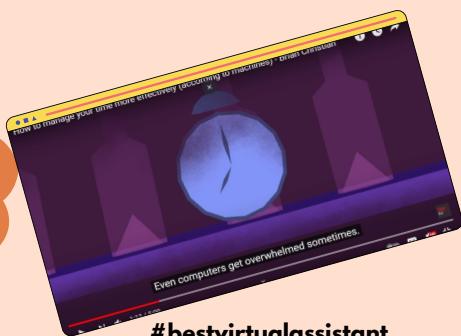
Type of Content: Photo
with Text
Title of Content:
Creativity Vs. Self Doubt.
"The worst enemy to
creativity is self- doubt.
- Sylvia Plath

"The worst enemy
to creativity
is self- doubt.
- SYLVIA PLATH

#creativity
#bestvirtualassistant

Scheduled

August 5, 2021
10:00 am



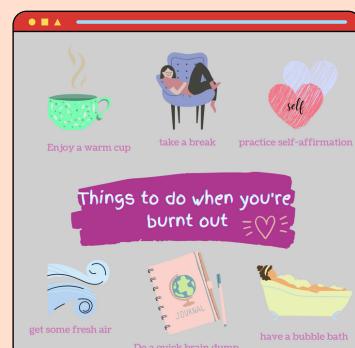
#bestvirtualassistant
#timemanagement
#helpfultips

Type of Content: Video with Link
Title of Content: How to manage
your time more effectively
Link: <https://www.youtube.com/watch?v=iDbdXTMnOmE>

Scheduled

August 6, 2021
10:00 am

Type of Content: Photo With Text
Title of Content: Things to do when
you're burnt out
source: <https://www.pinterest.ph>



#helpfultips
#virtualassistant

Scheduled

LinkedIn



Date and Time



Content



Status

August 7, 2021
10:00 am

Type of Content: Article link
Title of Content: Essential Software tools for Virtual Assistants
Link: <https://bit.ly/3wXw6ko>



Scheduled

August 8, 2021
10:00 am



#helpfultips
#virtualassistant
#focus

Type of Content: Photo with Texts
Title of Content: Stay on Schedule
Source: www.bustle.com

Scheduled