

MEGTREG
collective

SERVICES & PRICING GUIDE



www.megtregcollective.com



HELLO THERE!

Thank you so much for reaching out and considering working with me. I truly appreciate the opportunity to connect and learn more about your business and goals.

Supporting small businesses and nonprofits is something I'm deeply passionate about because I know firsthand how much heart, time, and energy go into keeping everything moving. My goal is to help take some of that pressure off people wearing so many hats.

I am absolutely invested in helping promote your story, engage your community, and grow your business.

Megan Treglown

Founder, MegTreg Collective

ABOUT ME



I graduated from Jacksonville State University, where I earned a Bachelor's degree in Communications with a specialization in Public Relations and a Master's degree in Public Administration.

My passion for marketing, promotions, and community engagement began during my seven years working part-time with the Rome Braves. After graduation, I then worked with the City of Rome in Downtown Development, focusing on marketing, events, and community engagement for over six years. During that time, I had the opportunity to work hand-in-hand with small businesses and nonprofits, gaining valuable insight into the challenges they face and the support they truly need to grow and thrive.

I was honored to be named the Rome Floyd Chamber's Young Professional of the Year in 2023, as well as Jacksonville State University's Young Alum of the Year in 2023.

Community involvement has always been at the center of everything I do. I have served on multiple local boards, including five years with the Junior Service League of Rome, six years on the Heart of the Community board, and I currently serve as an Executive Board member for the Children's Museum of Rome. I also currently serve as President of the JSU Greater Rome Alumni Network.

In 2023, I decided to take a leap of faith and start MegTreg Collective in hopes of helping fill a need in our community.

Through every role and experience, my focus has remained the same: helping organizations promote their story, engage their community, and grow with confidence.

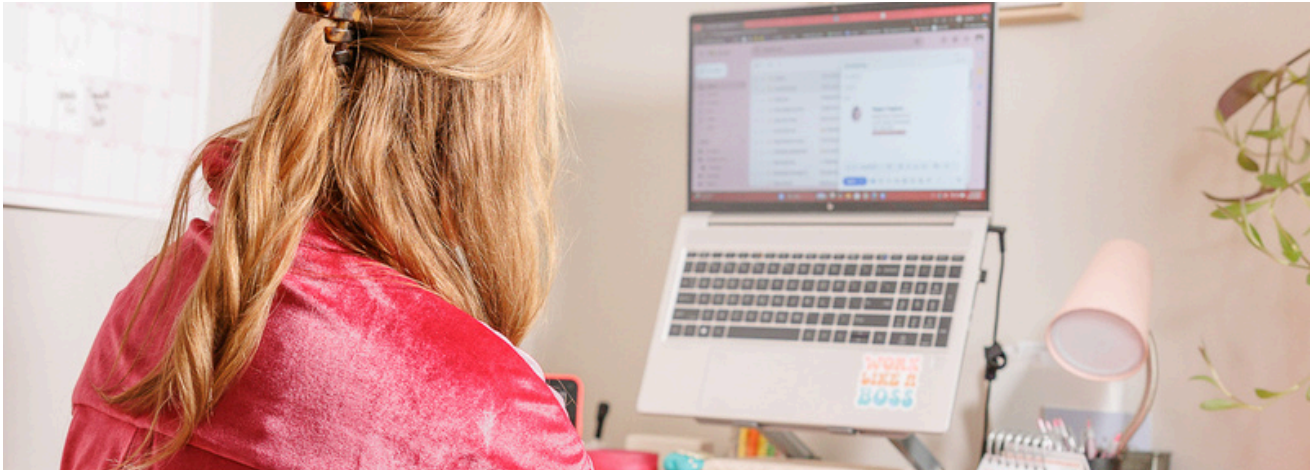
WHY WORK WITH ME

When you work with me, you are working with someone who not only understands marketing and social media, but also understands the realities of running a small business or nonprofit. I understand the pressure of trying to manage daily operations while also keeping up with marketing, events, communication, and community engagement. My goal is to help lighten that load by providing thoughtful, reliable support that helps your organization stay visible, connected, and consistent.

My background in marketing, events, downtown development, and nonprofit leadership has given me a unique perspective on what makes organizations successful. I believe effective marketing goes beyond simply promoting a business; it is about consistently telling your story in an authentic way, building lasting relationships, and creating a meaningful presence within your community.



SOCIAL MEDIA MANAGEMENT



Social media management is a service where the planning, creation, posting, and optimization of your social media content is done for you.

OPTIONS

8 POSTS A MONTH

\$315/month

12 POSTS A MONTH

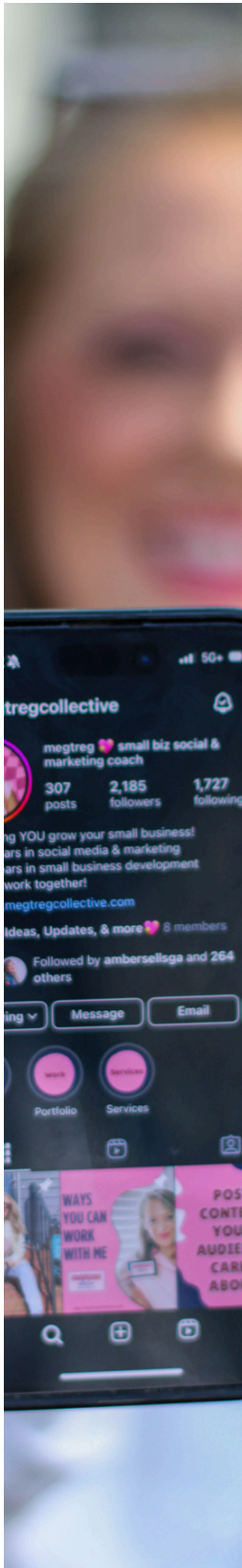
\$475/month

20 POSTS A MONTH

\$615/month

WHAT YOU'LL GET:

- ✓ On-brand, strategically planned content regularly scheduled
- ✓ Captions written for your brand utilizing keywords and call to actions
- ✓ Backend assistance, including inviting people to like the page, checking analytics, etc



SOCIAL SUPPORT

These services are designed for businesses and organizations that want to maintain their own social media presence but need guidance and strategy to do it effectively.

I help identify what is working, where there are opportunities for growth, and how to create a more consistent and engaging online presence.

SOCIAL AUDIT \$150

A comprehensive review of your social media that evaluates how well your content, branding, and strategy support your goals. It looks at your profile details, what you're posting, how people are engaging, etc. The goal is to identify what's working, what isn't, and where opportunities exist.

CONTENT STRATEGY \$225

A clear, intentional plan for creating, sharing, and managing content that supports your organization's goals. It outlines what you'll post, the themes to focus on, and the outcomes you want to achieve. It will include over a month's worth of content ideas, hooks, call to actions, and more.

AUDIT + CONTENT STRATEGY + COACHING SESSION

\$475

An audit and content strategy, paired with a one-on-one coaching session to walk through each recommendation and provide detailed guidance on implementation.



RETAINER OPTION

Retainer options are designed to provide ongoing marketing support with the flexibility to meet evolving needs.

Work may include social media management, content creation, marketing materials, press releases, event promotion, strategy discussions, and other communication or marketing needs as they arise.

Rather than hiring for one specific service, retainer clients gain a trusted marketing partner who understands their organization, goals, and audience, helping maintain a cohesive and strategic presence across all platforms and initiatives.

AVAILABLE FOR 3-MONTH, 6-MONTH, OR 12-MONTH CONTRACT OPTIONS
UP TO 8 HOURS OF WORK PER MONTH

REGULAR RATE

\$300

per month

NON-PROFIT RATE

\$250

per month

ADDITIONAL SERVICES



1:1 Coaching

Providing help with marketing strategy and social media support to help to create clearer path forward.

\$150

Content Shoot

A one-hour content shoot to capture photos and have them edited for marketing and social media.

\$200

Canva Templates

Includes customized, editable graphics & on-brand captions in the notes

8: \$315
12: \$475

A LA CARTE

Digital Invite Design - \$10

Event Flyer Design - \$25

Press Release - \$25

Business Card Design - \$30

Rack Card & Mailers Design - \$70

Brochure Design- \$85

For other designs, please ask. Hourly rate is \$35.

For printed materials, it is an additional \$10 for me to coordinate with printing companies. Client will pay printing costs directly to print vendor.

TESTIMONIALS



A NIGHT TO REMEMBER

Megan has been a wonderful influence in the visibility of our nonprofit. She understands social media and knows how to get your business more traffic. She's super sweet too!

NEW VISION EYECARE & EYEWEAR

Looks great! I'm so thankful for you. I haven't even thought about social media.



BRIDE - WEDDING PROGRAM

I would give Megan more stars if allowed. From the first message to the final product she was a dream to work with for my wedding program. Responded quickly, completed quickly, and was more than willing (and capable) to run with the idea I gave her. She was also kind enough to go back and make a last minute change that happened just weeks before the wedding far after she had finished the program.



LET'S GET STARTED!

I would love the opportunity to work together and support your vision!

Thank you for your consideration and for taking the time to learn more about my work. I would be honored to collaborate with you, contribute in meaningful ways, and support the continued growth and impact of your mission.

You can view more of my work and learn more about myself and my services on my website. If you have any questions or would like to discuss working together further, please feel free to reach out via email at any time. I would be happy to connect and discuss how I can best support your needs.

Megan

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